

Now you got your gear on and you are ready for the test

The test starts with sitting still for 5 minutes. Then you are supposed to walk 5 minutes in your normal walking pace. Finally, you will walk for 1 minute as fast as you can without running, and this last test is without wearing the mask. While wearing the mask you are supposed to talk as little as possible. We will ask you how you feel.

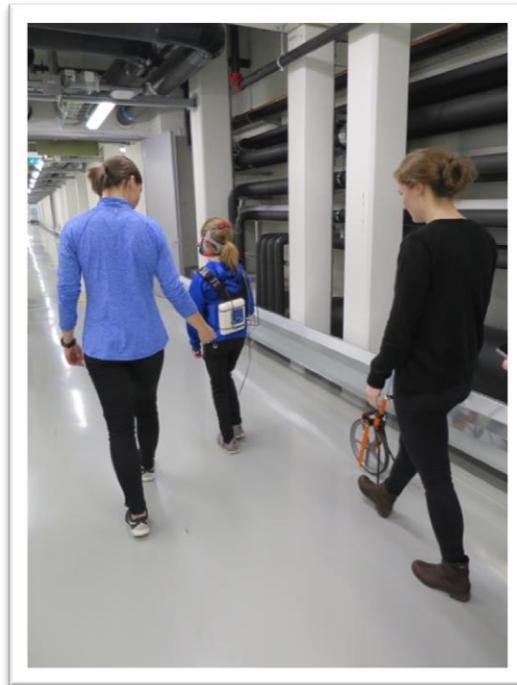
If you are okay, you show 👍.

If not okay, you show 👎. If so, we will remove the mask.

The WE-Study!

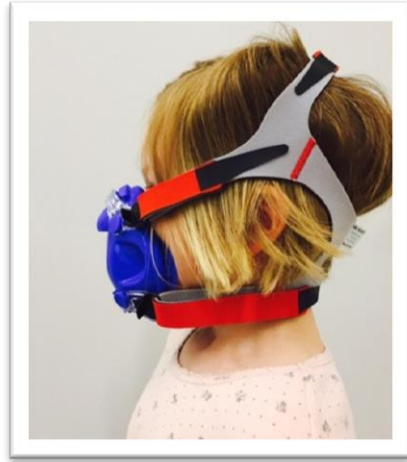
Hi – It is great that you want to join our project!

In this brochure you will find information about one of the tests you will conduct. This test measures the air that you breathe, and can tell us how much your body have to work while you are walking.



Good luck with the test!

This is what you need to wear



You will wear this belt around your chest. It measures your heartrate, and the watch shows how fast your heart beats.

This mask will be placed over your nose and mouth. It will feel a bit tight around your cheeks, but you can breathe normally.

This is what you will look like with all the equipment on



The device on your back gathers information from the breathing mask.

