

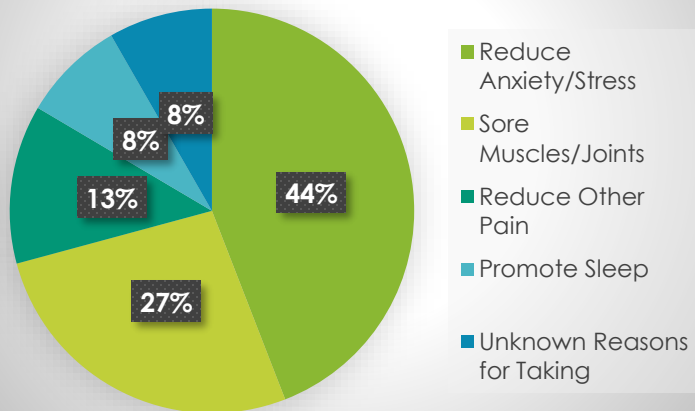
CBD Use and Effects on Exercise Performance

Castleton University

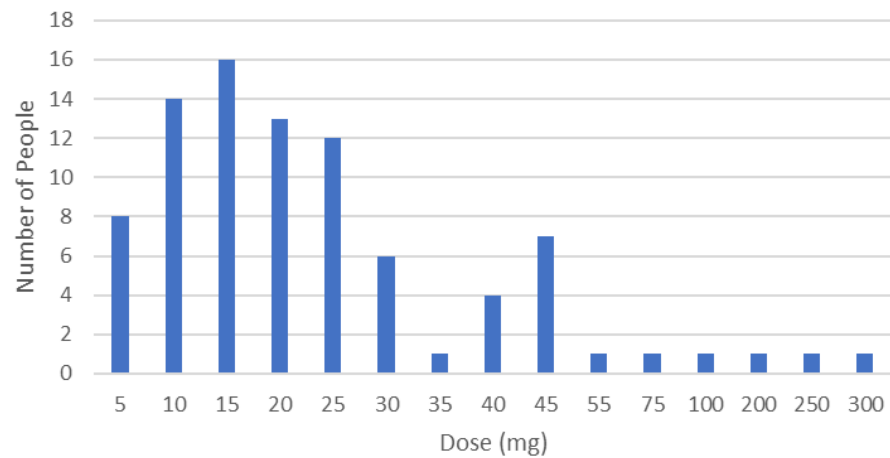
Cannon Blanchard, Chris Butryn, Andrea Corcoran



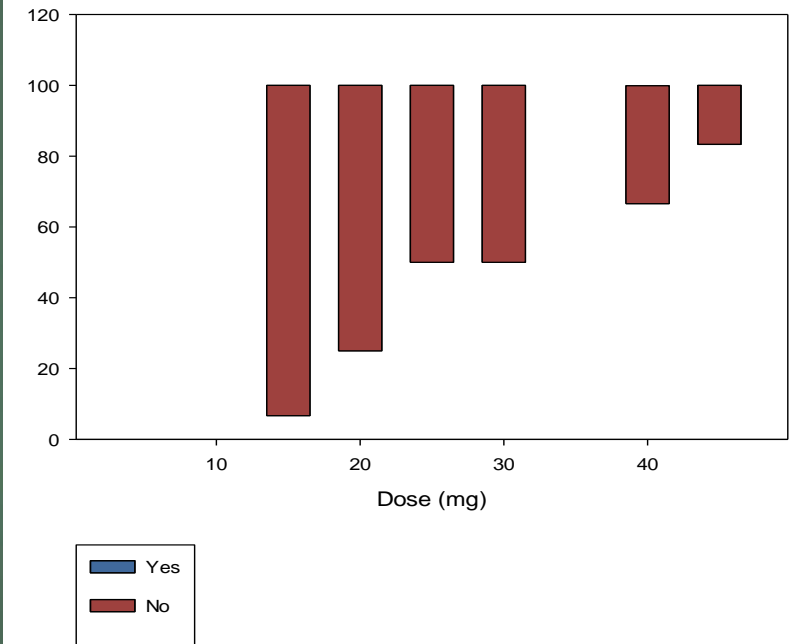
Primary Reason For Taking CBD



CBD USE



CBD Effect on Exercise Performance



Purpose

- ▶ There are three specific aims for our study:
- ▶ **Specific Aim 1:** To collect demographic information as it relates to use of CBD to determine preferred format and use of CBD.
- ▶ **Specific Aim 2:** To determine if CBD users observe effects on baseline cardiorespiratory parameters following personal use of CBD.
- ▶ **Specific Aim 3:** To determine if CBD users observe effects on exercise performance and recovery following personal use of CBD.

Methods



- ▶ Online Google Forms survey
- ▶ Population included anyone over 18 yrs. of age
- ▶ Both males and females eligible
- ▶ Recruitment through email and social media channels
- ▶ Participants must have used CBD in some form in the past
- ▶ Incentives given to participants of opportunity to win Amazon gift cards