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about your health and wellness a literature review and three consecutive studies were developed to offer insights into usability testing and construct clarity within the realm of exercise interventions the overarching goal was to accurately characterise and quantify the multidimensional concept of exercise programme usability laying a robust foundation for measurement and subsequent improvement through the development medicine science in sports exercise msse acsm s flagship monthly peer reviewed journal is the leading multidisciplinary original research journal for members each issue features original investigations clinical studies and comprehensive reviews on current topics in sports medicine and exercise science hot and or humid environments have a negative impact on exercise performance and increase the risk for heat stress related symptoms or exertional heat illness ehi such environmental conditions are challenging for all athletes but paralympic athletes may be affected more than olympic athletes 2

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