

Supplemental Digital Content 4

Region		Skin Temperature (°C)				
		BL	Pre I1	Post I1	Pre I2	Post I2
UB	anterior upper	34.0	31.8***###	32.7***##	32.1**\$	33.1*
	anterior bra (chest)	33.2	31.5***###	32.8***###	31.7***###	33.1***#
	anterior medial lower	32.7	30.3***###	31.8***##	29.8***###	31.2**#
	anterior lateral lower	33.2	31.3***##	32.4***##	31.1***###	32.1**\$
	posterior medial upper	34.0	32.3***###	32.9***###	32.7	33.6**#
	posterior lateral upper	33.7	31.7***###	32.9***###	32.1***##	33.5***##
	posterior medial lower	33.4	31.8***###	32.8***##	32.1**#	33.4***###
	posterior lateral lower	32.8	31.1***###	32.2***##	31.1***##	32.5**#
	sides	32.8	31.5***###	32.2***#	31.5**#	32.4**#
Legs	anterior upper	30.7	30.3	31.9***###	30.8*	32.4**#
	medial upper	30.3	30.6	32.5***##	31.4***#	32.7*\$
	posterior upper	30.8	30.9	32.5***##	31.2*	32.5**#
	lateral upper	30.7	30.8	32.7***##	31.6**\$	33**#
	anterior lower	31.2	30.6	32.0***##	31.3*	32.5**#
	posterior lower	31.0	30.7	32.3***#	31.1*	32.5***##
AHF	anterior upper	32.7	30.7**#	32.4***#	30.9**#	32.4***###
	posterior upper	31.5	31.7	32.3	32.3	33.0*
	anterior lower	32.5	31.0*	32.5***#	31.2**#	32.6**#
	posterior lower	32.2	31.3	32.3*	32.1	33.0*
	palms	31.7	33.0	33.3	33.3	33.7
	hands	30.7	31.3	31.4	31.5	32.0
	heels	26.5	32.3***###	32.7	32.3	33.0
	soles	28.0	34.1***###	34.1	34.3	34.6
	dorsal foot	29.6	33.9***##	34.2	34.4	34.2
	ankles (anterior)	29.9	32.2*	33.0	32.1	32.7
Mean		31.7	31.5	32.6	31.8	32.9
SD		1.9	1.0	0.6	1.1	0.7

Table 1. Regional Skin Temperature at Baseline (BL), Pre, and Post Absorbent Pad Application at Exercise Intensity 1 and 2 in Female participants. Regional skin temperature significant from previous measurement period: * p<0.05, ** p<0.01, *** p<0.001 with no Bonferroni correction; # p<0.05, ## p<0.01, ### p<0.001 following Bonferroni correction.

Region		Skin Temperature (°C)				
		BL	Pre I1	Post I1	Pre I2	Post I2
UB	anterior medial upper	30.8	31.7	32.64*	32.5	33.9
	anterior lateral upper	30.8	31.1	32.01*	31.4*	33.2
	anterior medial lower	30.0	30.5	31.74*	30.1***##	32.5*
	anterior lateral lower	30.0	31.6	32.27*	31.3**#	33.0
	posterior medial upper	31.0	32.3	33.44**#	33.3	34.8
	posterior lateral upper	31.1	31.4	33.02**#	32.3*	34.3*
	posterior medial lower	29.4	32.4	33.27**\$	33.2	34.5
	posterior lateral lower	29.4	31.4	32.63**#	32.0*	33.8
	sides	30.0	31.3	32.34**#	31.4*	33.1***###
Legs	anterior upper	31.1	31.4	32.2	32.4	32.8
	posterior upper	31.7	31.6	32.3**#	33.1	32.9
	lateral upper	31.0	31.3	32.1*	32.5	33.3
	anterior lower	31.5	31.2	31.5	32.2	31.9
	posterior lower	31.7	31.3	31.7	32.9	32.4
AHF	anterior upper	32.5	31.4	32.7**#	31.3**#	32.3**#
	posterior upper	31.8	31.6	32.7*	32.0	32.8**\$
	anterior lower	31.5	31.6	32.9**#	32.1*	32.9*
	posterior lower	31.7	31.7	32.8*	32.4	33.0*
	palms	31.5	32.3	33.5	33.2	33.8
	hands	30.4	30.3	31.9	31.4	32.2
	heels	25.8	32.7**#	32.7	33.0	32.7
	soles	27.5	33.5***##	33.4	33.9	33.7
	dorsal foot	28.9	33.6**#	33.5	33.8	33.5
ankles (anterior)	29.4	32.2*	32.5	32.2	32.2	

Table 2. Regional Skin Temperature at Baseline (BL), Pre, and Post Absorbent Pad Application at Exercise Intensity 1 and 2 in Male participants. Regional skin temperature significant from previous measurement period: * p<0.05, ** p<0.01, *** p<0.001 with no Bonferroni correction; # p<0.05, ## p<0.01, ### p<0.001 following Bonferroni correction.