**CONCLUSION**

The thing that stood out the most out of this whole test was the differences between the tidal volumes of the subjects before and after applying the Breathe Right strip. It seemed that every time we recorded a subject’s lung capacity without the strip, it would be about 100 less than when the subject put the strip on. However, it seems that this is the only thing we were able to conclude from our various tests. The Breathe Right strip does not seem to do anything special that it claims to be able to do. Right when the subjects put the strip on their nose, they noticed it was easier to breathe out of their nose and that they weren’t stuffed up anymore, however, it seemed to do nothing towards helping the pulse rate and blood pressure during rest and after the tests were administered.

Another thing that was easily noticeable about the lung capacity was that the subjects from the lightly massed group seemed to have a significantly lower lung capacity than the subjects in the other two groups. Using statistical analysis, it is easy to see how much of a difference there is in the lung capacities of the lightweights compared to the middle and heavyweights. A one variable stat on the tidal volumes of the lightweights shows that the average volume is 3790, which is 1290 less than the middleweight group. This data is supremely statistically significant in that the difference between the middle and heavyweights is only 20. Also, the highest tidal volume in the lightweight group (4300) is 300 less than the lowest tidal volume in the heavyweight group.

For blood pressure, there was no significant difference between the data from before and after the test was completed by the subjects. Only on a couple of occasions was there any real difference between blood pressure after the test was run. According to Jerry Rice, the Breathe Right strip “*elevated his game* and allowed for *recuperating faster*”. However, we concluded that there was nothing real special about the recovery rate when the strip was on the subject’s nose. We found that it took about the same time for every subject to recover to normal health with and without the strip. It took either two or three minutes of sitting down for every subject that we tested to get back to normal after the quarter mile.

For the pulse rate, we got the same results as the blood pressure in that there was no real data that stood out very much. The average pulse rate for all three groups were all within three beats per minute within each other. This shows that the breathe right strip did nothing towards helping the pulse rate of the subjects in our test. We feel that the breathe right strip does not work as well as it is advertised to.

After finishing our research we now think that it is really hard to conclude anything from our data. We feel that the Breathe Right strips are not a sufficient way of gaining athletic performance in terms of recovery after aerobic activity.

We feel that the Breathe Right nasal strips became popular because of testimonial advertising from famous athletes from many different sports, such as, Jerry Rice and Tom Dolan; two of America’s top athletes. It had nothing to do with gaining the athletic edge over your competition that it was so promoted by the company.

# **RECOMMENDATIONS**

While conducting our tests, we have concluded that there are many different variables that should have been controlled that affected our data. We were very surprised to see such variables that could influence our results the way they did. We have been conducting our tests on many different types of subjects so there was room for some outlying factors. For instance, we came across a young man that had asthma and needed to use his inhaler twice; this left room for varied results. We recommend that if any person’s decide to continue our research, that they have a questionnaire for the subjects in order to find out if there are any health related factors that could strongly impact their results.

Another variable that we believe was a huge influence on our subject’s performance was their ability to breathe through their mouth rather than their nose during the physical exertion we placed on them. When breathing through the mouth the subjects did not allow the Breathe Right nasal strip to properly work. Next time this experiment is performed we suggest that the experimenter keep close watch on his/her subjects to keep them from impacting the data as well.

Also, while conducting our research we ran into difficulties with our blood pressure/heart rate monitor. Sometimes, because it was electronic it would jump around and give strangely high or low readings. This left room for error because we had to immediately try and take the reading right after the mishap. Again, we urge anyone that will carry on our research to find more accurate and proper materials for measurement.