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|  | After performing such a survey we would recommend allowing enough time to make contact with the owners of all the gyms so that you can obtain more surveys for more accurate results. We would also recommend taking the time to contact the person in charge of the General Nutrition Centers because it is easy to hand a person a survey upon purchasing Creatine instead of hassling busy people at gyms.  If you do not want to perform a survey then you could perform an experiment in which you impose a treatment in order to observe the responses. We'd recommend that you find a large amount of subjects who are willing to "load" and them "maintain" different amounts of Creatine over different amounts of time. Then you could measure the before and after effects and get a more precise result. You could impose different levels of intensity or exercises and see the outcome. You could measure the weight gains, the shift in metabolic rates, and the number of repetitions performed. You could also use a control group so it would be easy to see the change and it would also be easy to notice the side effects due to Creatine. Experimentally, you could find out when the results level off and if they start to decrease. At the same time, you would have to be very careful because little is really known of Creatine and the long term effects. It would be hard to test the extremes because of the risks involved. You would have to have willing subjects and waive liability. You would have to be very knowledgeable about Creatine Supplements and what is known so far. Hopefully, our survey has been educational and encouraging. |

*This Web Site is Best viewed with 256 or more colors.*

*For More Information about Creekwatch, please contact Eric Thiel at* [*ethiel@pleasanton.k12.ca.us*](mailto:ethiel@pleasanton.k12.ca.us)