Workout & Diet

The goal of this project is to develop workout and diet routines for the astronauts, adapted to life in a lunar base.

Laboratory: TBD
Number of students: 1 (Master)
Section: SV, Faculté de Médecine (UNIL), Institut des Sciences du Sport (UNIL)
Status: Available

Description of the project
Being confined for an extended period of time generates a certain number of constraints to astronauts’ daily life, which should be taken into account to preserve their mental and physical health.

Therefore, this project aims at providing astronauts with a workout/diet plan that would be compatible with the mission.

Description the student's work and mission
● Reviewing the literature to identify the optimal diet/workout practices used during space missions;
● Designing the diet/workout routines based on the literature review;
● Analyzing the impact of the routines on the astronaut’s health.

Name of Asclepios’ contact: Jérémy Aubert:
jerem.aub@protonmail.com