



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: Taken (Spring 2021)



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.

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