

Staying 2 weeks in MDRS as Mars emigration (MDRS Crew 137 Team JAPAN)

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Purpose

Crew 137 Team NIPPON stayed in MDRS during two weeks. Crew 137 Team NIPPON is a team only for the first Japanese. We recorded a physiologic change in the closed colony.

Method

We recorded the weight, body composition, blood pressure, stool frequency, the urination number of times during two weeks.

Result

The commander and the scientist were in state that their blood pressure were always high. We ate three meals a day. We ate the snacks also. One week later, the weight of all six people rose 1-2 kg. We changed dinner for breakfast. In this, the weight of all six people was recovered one week later as the beginning of this examination. Our weight was restored, but muscles decreased, and fat increased.

Conclusion

The muscles decrease even if we can maintain the weight, and fat increases only by meal management. We understand that we must exercise. More studies must be conducted about appropriate exercise. We want to study both meal and exercise on the next time.

Keywords: Mars emigration, Closed Colony, MDRS