

## Monitoring Metabolic Status Predicting Decrements In Physiological And Cognitive Performance

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231: David A. Sinclair | Anti-Aging Research And Understanding In "Lifespan."

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Monitoring Metabolic Status: Predicting Decrements in Physiological and Cognitive Performance. Institute of Medicine (US) Committee on Metabolic Monitoring for Military Field Applications. Washington (DC): National Academies Press (US); 2004. The U.S. military 's concerns about the individual combat service member 's ability to avoid performance degradation, in conjunction with the need to maintain both mental and physical capabilities in highly stressful situations, have led to and interest ...

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tions posed by the military relative to monitoring the metabolic status of military personnel in training and operational situations, focusing on metabolic regulation during prolonged, exhaustive efforts (such as combat training or field operations), where nutrition/hydration and repair mechanisms may be mismatched to intakes and rest, or where specific metabolic derangements are present (e.g., following toxic chemical exposures or psychological threats).

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Monitoring Overall Physical Status to Predict Performance. There is an extensive body of literature dealing with the prediction of maximal physical performance in a variety of settings, including both the prediction of optimal performance and the prediction of performance deterioration. Most of this literature is based on research carried out with healthy men and women performing various physical tasks, such as prolonged endurance efforts in exercise and sports settings, but some has ...

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Monitoring Metabolic Status: Predicting Decrements in Physiological and Cognitive Performance. Show details Institute of Medicine (US) Committee on Metabolic Monitoring for Military Field Applications.

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