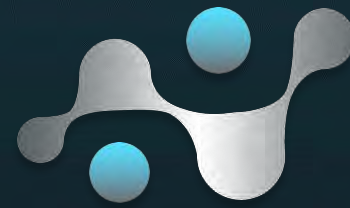


healthy life on the moon

GalactiGym

Moonlife Student

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B R I E F

In order to cope with the completely different microgravity environment of the Moon compared to Earth and improve the quality of life in moon bases, we intend to use sustainable and cost-effective methods to help people adapt to the lunar environment and protect their health.

11 giorni

2-3 year

R I C E R C A

Muscle degradation, the risk of microgravity on the Moon.

One of the main effects in the long-term microgravity environment is the loss of bone and muscle mass. Without the effects of gravity, skeletal muscles are no longer needed to maintain posture, and the muscle groups used to move in a weightless environment are different from those needed for terrestrial locomotion.

Greater than 20%

perdita muscolare in microgravita

4 month

3 month

1 month

5 day

Days in microgravity

Speed of recovery on land