Physiological and behavioral mechanisms for surviving in extreme environments

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Trekking across the Arctic. Biking the Tour de France. Climbing Mount Everest. These are extremes of climate and activity in which humans actively live and participate, and I examine how our bodies react and adapt to these stressful conditions. As such, my work takes me from northern-most Finland to locker rooms in Albany, New York as I measure how many calories people burn and how they cope with extremes. This work deepens our understanding of how we use energy in hopes of informing program development of longer lasting and sustainable efforts to maintain health and wellness.

Friday, August 31st
3:30pm
Swallow Hall 101
Reception to follow