

IAF SYMPOSIUM ON COMMERCIAL SPACEFLIGHT SAFETY ISSUES (D6)
Enabling safe commercial spaceflight: vehicles and spaceports (3)

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MAINTAINING THE HEALTH OF PILOTS AND CREW

Abstract

In space, due to the lack of gravity, we lose about 1

Therefore, I would like to introduce and propose the mechanism of "KAATSU Training," which is attracting attention as a measure against sarcopenia, to maintain muscle strength and slow down the decline of physical functions with a low load and in a short time.

KAATSU Training is a revolutionary training method invented by Yoshiaki Sato (patented in six countries) that uses special KAATSU equipment to apply the right amount of pressure to the base of the arms and legs to suit each individual, while moderately restricting blood flow. As a trainer of the KAATSU Golf Promotion Organization, I have the know-how of this method. It is widely used by professional athletes, middle-aged and elderly people, and people for rehabilitation purposes.