

## Effects Of Exercise During Prolonged Bed Rest

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Report describes experiment to investigate effects of isotonic and isokinetic leg exercises in counteracting effects of bed rest upon physical and mental conditions of subjects. Data taken on capacity for work, endurance and strength, tolerance to sitting up, equilibrium, posture, gait, atrophy, mineralization and density of bones, endocrine analyses concerning vasoactivity and fluid and electrolyte balances, intermediary metabolism of muscles, mood, and performance.