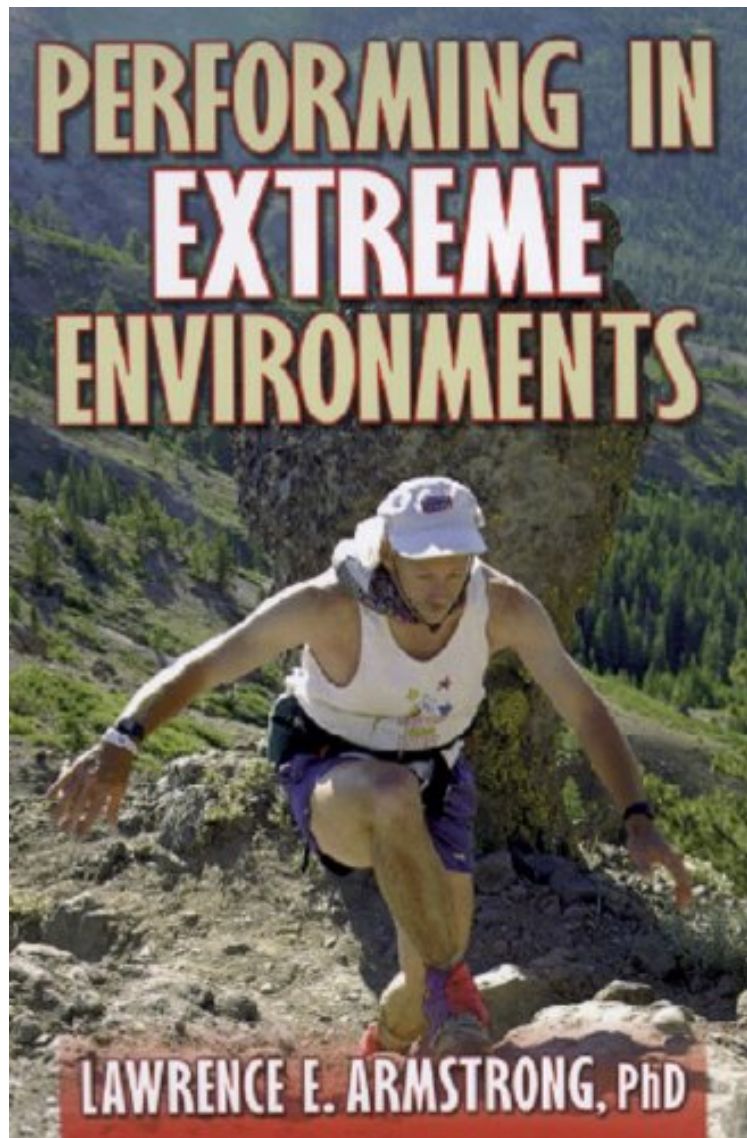


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Performing in Extreme Environments

Lawrence Armstrong

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Lawrence Armstrong : Performing in Extreme Environments before purchasing it in order to gage whether or not it would be worth my time, and all praised Performing in Extreme Environments:

7 of 8 people found the following review helpful. Performance in the Extremes Made Easy to UnderstandBy A CustomerLawrence Armstrong, one of the most respected exercise physiologists today, has done a wonderful job with bringing difficult topics back down to earth. In this book, Armstrong discusses everything from cold and windchill to altitude to heat, and how your body responds to these extremes.The area of human performance and the effect the

environment has on it is not always easy to understand. I think that Armstrong has done a great job in relaying pertinent information, especially on cold and altitude, in an easily understandable fashion. You don't have to be a physiologist yourself to learn from this book. For anyone interested in human performance, from beginners to experts, this is a text you would want to have on your shelf. 3 of 4 people found the following review helpful. **BORROW IT!** By Jack This book is as far from "easy reading" as it gets! (I suggest a look at the sample pages) As a Personal Trainer, I was bombarded with details, rather than simply the results, of complicated studies and research. This book could have been summarized in 50 pages for the general public. The information is excellent but too scientific. Borrow it if you really need scientific specifics.

Counteract the perils of exercise in extreme environments with this thoroughly researched reference. Renowned exercise researcher Lawrence Armstrong, PhD, distills more than a decade of scientific study regarding exercise in hostile environments in this unique and valuable reference. The only book of its kind in print, *Performing in Extreme Environments* explains how to maintain optimal health and fitness during work or exercise in a multitude of stressful environments. Numerous taxing environmental conditions are covered: heat, high altitude, humidity, air pollution, cold, windchill, day length, air ions, and underwater pressure. *Performing in Extreme Environments* identifies: -How body organs are affected in stressful environments -Ways that physical factors alter exercise performance -How medical disorders impact performance -Tips to improve performance and avoid illness Learn how adjustments in behavior, training patterns, eating habits, fluids, clothing, medications or the air mixture breathed can greatly impact performance. This reference delineates how to recognize symptoms of such conditions as hyper- and hypothermia, dehydration, heatstroke, decompression sickness, jet lag, and high-altitude pulmonary and cerebral edema. It also provides emergency first aid recommendations. You can also determine hydration levels with a colored urine chart printed on the book's back cover.

""""Dr. Armstrong's book contains invaluable knowledge for the outdoor enthusiast or athlete who will be training, competing, or participating in strenuous activities under extreme conditions."""" Alberto Salazar Former Marathon World Record Holder American record holder: 5,000 and 10,000 meters """"This very reasonably priced book by Dr. Larry Armstrong presents an updated and authoritative review of human exercise performance at the environmental extremes of heat, cold, high altitude, and hyperbaria (diving). In addition, this 300-page book provides useful information on the influence of air pollution, biological rhythms, time zone changes, and sleep loss on exercise performance. It is easy to read and a must purchase for undergraduate and graduate students in environmental physiology, interested athletes, and scientists concerned with these topics."""" Dr. Kent B. Pandolf Senior Research Scientist U.S. Army Research Institute of Environmental Medicine " " ""Dr. Armstrong's book contains invaluable knowledge for the outdoor enthusiast or athlete who will be training, competing, or participating in strenuous activities under extreme conditions."" Alberto Salazar Former Marathon World Record Holder American record holder: 5,000 and 10,000 meters """"This very reasonably priced book by Dr. Larry Armstrong presents an updated and authoritative review of human exercise performance at the environmental extremes of heat, cold, high altitude, and hyperbaria (diving). In addition, this 300-page book provides useful information on the influence of air pollution, biological rhythms, time zone changes, and sleep loss on exercise performance. It is easy to read and a must purchase for undergraduate and graduate students in environmental physiology, interested athletes, and scientists concerned with these topics."" Dr. Kent B. Pandolf Senior Research Scientist U.S. Army Research Institute of Environmental Medicine "From the Publisher" Dr. Armstrong's book contains invaluable knowledge for the outdoor enthusiast or athlete who will be training, competing, or participating in strenuous activities under extreme conditions." Alberto Salazar Former marathon world record holder American record holder: 5,000 and 10,000 meters "This very reasonably priced book by Dr. Larry Armstrong presents an updated and authoritative review of human exercise performance in the environmental extremes of heat, cold, high altitude, and hyperbaria (diving). In addition, this 300-page book provides useful information on the influence of air pollution, biological rhythms, time zone changes, and sleep loss on exercise performance. It is easy to read and a must purchase for undergraduate and graduate students in environmental physiology, athletes, and scientists concerned with these topics." Dr. Kent B. Pandolf Senior Research Scientist U.S. Army Research Institute of Environmental Medicine