



Prof. dr. Ööpik Vahur

Vahur Ööpik is professor of exercise physiology at the University of Tartu, Estonia. He has studied the influence of food and dietary supplements (for example, creatine, caffeine, vitamin D, etc.) on health, physical performance, and the effectiveness of training in athletes of various fields (wrestlers, triathletes, cyclists, etc.), military personnel, and people practicing a physically active lifestyle. An important area of his research has also been the influence of environmental factors on physical performance and the physiology of adaptation to heat (acclimatization).