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Jason Lee obtained his first degree (Sports and Exercise Science - 1st Class Honours) from Loughborough University, UK. Following the award of G V Sibley Memorial Prize (top student in the undergraduate programme), he stayed on to complete a PhD in Exercise Physiology under sponsorship from the UK Overseas Research Scholarship and Faculty Studentship. Jason is a Fellow of the American College of Sports Medicine and member of the British Association of Sport and Exercise Science and the Professionals in Nutrition for Exercise and Sport. He sits on several Editorial Boards of peer-reviewed journals and reviews for more than 20 international peer-reviewed journals. He serves in various expert panels in the Singapore Armed Forces and other national and international boards pertaining to human performance and safety. Jason's main research interests are in fluid balance, thermoregulation and mitigation strategies for improving human performance in the heat. He studies the physiological demands associated with extreme exposures and how humans adapt to ensure survival and optimal performance. He provides consultancy to enhance performance of military and elite sports personnel and currently lectures in Yong Loo Lin School of Medicine (National University of Singapore) and Lee Kong Chian School of Medicine (Nanyang Technological University).