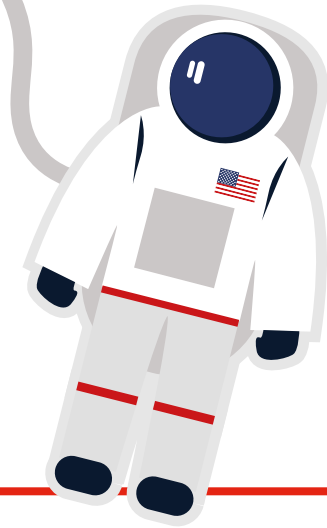


EXERCISE LIKE AN ASTRONAUT

Exercising is very important for astronauts when they are in Space. Muscles don't work as hard in space due to not having to work against gravity. The longer astronauts spend in space the weaker muscle tissue can get.

To maintain muscle strength, astronauts on the International Space Station (ISS) must exercise for two and a half hours a day. However, this can be difficult to do because there is not a lot of room on spacecraft like the ISS.

Here are some exercises that can be done in a small space, these are the sorts of exercises the Astronauts do while they live on the International Space Station.

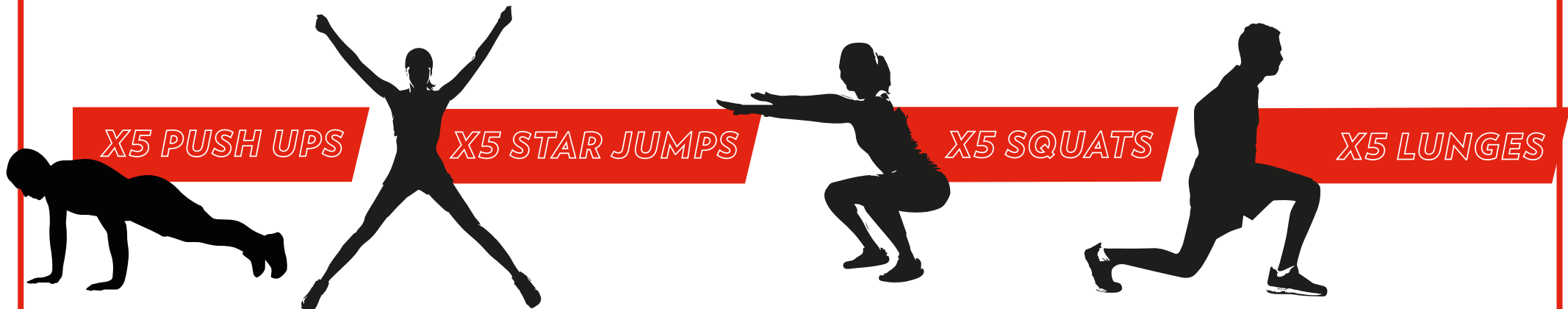


1. AEROBICS CHALLENGE

Clear a space large enough that you can lie on the floor with your hands raised above your head in both directions.
(Make sure you have enough space that you won't hit anyone or anything while you are exercising)

HAVE A GO AT THIS SHORT SEQUENCE OF EXERCISES

**You can have breaks in between; you don't need to do them all at once*



Can you complete these 4 exercises?
Time how long it takes you to complete the sequence
Why not share this with your friends. Can they beat you?
Try again the next day. Can you beat your time?