

# ASTRONAUT WORKOUT

This energetic workout will get you ready for space! Complete each exercise and record your results.

Can you think of other exercises that might help you prepare for space? Create your own workout and try it with your friends!

## 1. JUMP FOR THE MOON

How many jumps can you do in 30 seconds?

RESULT: \_\_\_\_\_

## 2. FLOAT

You need to get used to floating in space. Lie on your tummy and stretch out like an aeroplane. Can you hold this for 30 seconds?

Yes  No

## 3. BALANCE

Astronauts need good balance. How long can you balance on one leg? If you find this easy, try closing your eyes and blocking your ears!

LEFT LEG: \_\_\_\_\_

RIGHT LEG: \_\_\_\_\_

## 4. STRETCH

Your body will grow in space! How high can you reach with your hands right above your head?

RESULT: \_\_\_\_\_ cm

## 5. BREATHE

You need to have a calm mind to make sure you can deal with any situation in space. Breathe in and out slowly for one minute. Are you relaxed and ready to fly?

Yes, let's fly!  No, try again!

