

# 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? Add a sixth exercise of your choice 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 for? 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!

