



# Wondernauts in Space

## Wondering About the Present



### Active Astronauts

Recommended for: Ages 8 and Up



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Just like on Earth, exercise is an important part of astronaut's daily lives. Astronauts have special equipment to help them exercise while in a weightless environment. In this activity, you can find creative ways to exercise at home.

#### You Will Need:

- Running Shoes
- Comfortable clothes that you can move in
- Water bottle

#### (1) Wonder

- How do astronauts exercise in space? What is the same as on earth? What is different?
- Why is it important for astronauts to exercise while in space?
- Why is it important for you to exercise on earth?

#### (2) Learn

In 2016, Astronaut Tim Peake ran the London Marathon from space! A marathon is 26.2 miles long. Rather than being able to run on a road with lots of other people, he used a treadmill on the International Space Station to participate. It took him 3 hours, 35 minutes, and 21 second (or two and a half rotations around the Earth)!

Tim Peake wasn't the first astronaut to run a marathon in space. That was Sunita Williams of NASA who ran the Boston Marathon aboard the space station in 2007. She was also the first astronaut to complete a triathlon in space in 2012. A triathlon includes running, biking, and swimming.

[Watch this video](#) to see how Astronaut Williams completed a triathlon in space. Learn how she was able to "swim" on the space station.

Williams used the treadmill for the running portion, a stationary bicycle for the biking leg, and a resistance machine to simulate swimming. Learn how Astronaut Tim Peake ran the London Marathon [in this video](#).

#### (3) Brainstorm

On the International Space Station, Astronaut Tim didn't have access to roads to run on. He used a treadmill to run a marathon. Tim is a great example of finding creative ways to exercise.

- What creative ways can you find to exercise at home?
- Can you run up and down the stairs?
- Maybe you can walk around your backyard?
- How about lifting a heavy book?
- What about creating an obstacle course out of everyday objects?
- How about dancing?

#### (4) Get Active

Now it's time to get active! You can walk, run, bike, jump, dance, or move any way you want. Remember to think creatively!

Astronaut Peake ran for 3 hours and 31 minutes. That's 211 minutes! See if you can exercise for 211 minutes. It doesn't have to be all at once! Keep a log of how many minutes you exercise each day. Add your minutes together to see when you get to 211.

Don't stop when you hit 211! Keep going!

## JEW<sup>S</sup> IN SPACE

MEMBERS OF THE TRIBE IN ORBIT

[Wondernauts.org](http://Wondernauts.org)

Want to complete this task towards collecting a Wondernauts badge? Share a photo of you exercising at home!