



Train Like An Astronaut

Exercise Like a Space Hero!

Name: _____

Astronauts need to be healthy and strong to travel in space. Can you be healthy and strong like an astronaut? Roll your dice, do the following exercises, fill in your numbers and get fit for space!

<input type="text"/> Hop on One Foot (# of times)	<input type="text"/> Sit Ups (# of times)
<input type="text"/> Stretch Your Arms (# of seconds)	<input type="text"/> Squats (# of times)
<input type="text"/> Touch Your Toes (# of seconds)	<input type="text"/> Balance on one Foot (# of seconds)
<input type="text"/> Run in Place (# of minutes)	<input type="text"/> Right Leg Lifts (# of times)
<input type="text"/> Jumping Jacks (# of times)	<input type="text"/> Left Leg Lifts (# of times)



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