



SPACE TO EARTH
CHALLENGE



Numbers in Space: Fitness Tracking



In partnership with





Aboard the International Space Station, astronaut Frank De Winne is attached to the T2 treadmill with bungee cords.



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International Space Station assembly 'Space Walk' EVA made over New Zealand. Extreme walking to school



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A 'Fitness' Plan

1. Decide on a way to measure 'fitness'.
2. Decide how long you will run your plan for?
3. Set a target for your fitness at the end of the plan.
4. Decide on your keeping fit activities.
5. Measure your fitness regularly.
6. Compare your change in fitness with the change needed to meet your target.
7. Make changes to your activities if needed.





Brain Training,
Chess or
Reaction
Times?



Walk to School



Cycling



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