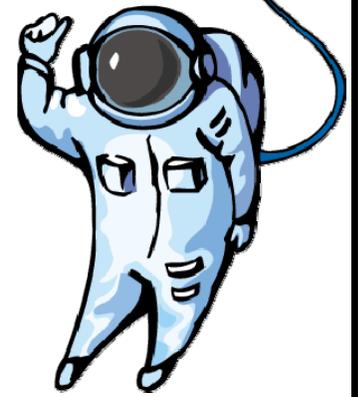


Name _____ Content _____



What Do Astronauts Do with Their Free Time?

DIRECTIONS: Read the paragraph. Answer the questions

What do the astronauts on the Space Shuttle do with their spare time? Sure, technically they're on the job 24/7, but when they do have down time, they like to do the same kinds of things that they did down on earth. For one thing, astronauts spend about two hours every day exercising. This is really important to make sure that their body keeps working. Remember, on earth, when we are awake we are constantly moving against the force of gravity, and our muscles and bones have to support our bodies. In space there is no gravity though, so the body doesn't do any of this supporting work. This means that the body can very quickly become weak. Astronauts use treadmills and ergometers to exercise. A treadmill is a machine for running in one place. A wide belt moves in a loop underneath the astronaut's feet, so it feels like he is moving forward while running, though he is actually staying in place. The only real difference between this treadmill in space and treadmills you may have seen on earth is that the astronaut has to be strapped onto the treadmill in space so that he doesn't float away. The Ergometer is another exercise machine that is kind of like a bicycle except that it doesn't have wheels. The astronauts can change the intensity of their exercise by changing the pressure on of the machine's pedals. As far as the rest of their free time, the astronauts do bring some of their personal belonging into space with them. They can read books or listen to music. At the International Space Station they can also watch movies on DVD, and once a week they are able to talk with their families. And don't forget, they have a spectacular and once-in-a-lifetime view to enjoy. Many of the astronauts enjoy taking photographs from the Space Shuttle's windows.

1. Which of the following things can astronauts do in space? Circle all that apply.

- A. read B. listen to music C. dance D. watch DVDs

2. Why do astronauts need to spend two hours a day exercising in space?
