00:00:00,510 --> 00:00:15,490  
(Music and sound of space shuttle liftoff)

00:00:15,490 --> 00:00:16,949  
Elmo: How you doing Mr. Leland?

00:00:16,949 --> 00:00:17,989  
Astronaut Leland Melvin: Ahh.

00:00:17,989 --> 00:00:20,000  
Elmo: Listen. How do you exercise in space?

00:00:20,000 --> 00:00:21,350  
Melvin: I'm feeling strong right now.

00:00:21,350 --> 00:00:22,280  
Elmo: Really? Why?

00:00:22,280 --> 00:00:25,650  
Melvin: Well, in space you get to exercise, just like you do on the ground.

00:00:25,649 --> 00:00:28,849  
But in space, there's no gravity.

00:00:28,850 --> 00:00:32,070  
Elmo: So you can't run really fast like that in space huh.

00:00:32,070 --> 00:00:34,840  
Melvin: You can't run. If you run in space, you're just running in the air.

00:00:34,840 --> 00:00:36,100  
Elmo: Really?

00:00:36,100 --> 00:00:39,310  
Melvin: So in space, on the treadmill -- you know you run on a treadmill in the gym like

00:00:39,310 --> 00:00:44,070  
this -- you have to hold yourself down to the tread with bungee cords.

00:00:44,070 --> 00:00:49,219  
So you have a band that goes around your waist, and then the bands hold you down so
your feet are actually running on the treads.

Elmo: Oh!

Melvin: Because if I bounce, if I stepped on the tread, I would float away.

Elmo: So you need something to keep you down.

Melvin: To keep you down.

Elmo: So you don't float away.

Melvin: Right. So that's cardiovascular. That helps you run, stay in shape in space.

Elmo: So that's how you exercise in space.

Melvin: Okay, well that is exercise, right? Other exercise we do,

we have to do weightlifting.

Because your bones and your muscles start to degrade in space.

They're not as healthy in space.

Elmo: But what do you mean, degrade? What does that mean?

Melvin: Well, what it means is, if you don't have gravity pulling you down,
it makes your muscles kind of relax.

They're not, you don't have to use them as much.

They're not as -- you don't have to work as hard.

So in space you have to do exercise.

You do things like bench press, where you press a bench like this, you do

Elmo: So you have to keep your circulation going, is that what it is?

Melvin: Yeah.

Elmo loves that word. "Circulation."

(Laughing)

Elmo: So you really have to -- so it's really important to exercise in space too, huh?

Melvin: Very important because you have to be strong.

You have to keep the calcium in your bones. Your bones have to be strong in space too.

Elmo: So exercise keeps you healthy on Earth and in space.

Melvin: That's right.
Elmo: That's great!

00:01:59,969 --> 00:02:00,750
   Melvin: Awesome.

00:02:00,750 --> 00:02:01,439
   Elmo: Thank you.

00:02:01,439 --> 00:02:02,989
   Melvin: Thank you.