



TRAIN LIKE AN ASTRONAUT  
MISSION  
TRAIN LIKE AN ASTRONAUT

#trainlikemike

1  
00:00:00,766 --> 00:00:09,575  
[ Music ]

2  
00:00:17,049 --> 00:00:18,617  
>> A few short months  
I'm going to be launching

3  
00:00:18,617 --> 00:00:20,586  
to the International  
Space Station as a member

4  
00:00:20,586 --> 00:00:23,022  
of Expeditions 37 and 38.

5  
00:00:23,022 --> 00:00:24,890  
But before I do that  
I'd like to talk to you

6  
00:00:24,890 --> 00:00:28,260  
about physical fitness and  
how we get ourselves ready

7  
00:00:28,260 --> 00:00:31,464  
physically for a long  
duration space flight.

8  
00:00:31,464 --> 00:00:33,099  
Now the good news is  
there's nothing magic

9  
00:00:33,099 --> 00:00:36,035  
about the exercises or the  
fitness programs that we use.

10  
00:00:36,035 --> 00:00:39,472  
In fact you'll see many of these  
exercises performed in gyms all

11  
00:00:39,472 --> 00:00:43,409

across the country and you can even do them in your own home.

12

00:00:43,409 --> 00:00:46,245

I'm really excited for you to join me up on the space station

13

00:00:46,245 --> 00:00:47,680

for the next 6 months.

14

00:00:47,680 --> 00:00:49,148

And so our team is actually going

15

00:00:49,148 --> 00:00:50,549

to post updates on Facebook.

16

00:00:50,549 --> 00:00:52,485

We're going to show you my actual workouts.

17

00:00:52,485 --> 00:00:54,653

We're going to give you video clips

18

00:00:54,653 --> 00:00:57,623

and possibly some little motivational cheer from the team

19

00:00:57,623 --> 00:01:00,159

and all that but I'd also like you to share your data with us,

20

00:01:00,159 --> 00:01:01,494

your workouts with us.

21

00:01:01,494 --> 00:01:04,163

Maybe pictures, video as well and thanks for joining me

