

An astronaut in a white spacesuit is floating in space, holding a tool. The background shows the Earth's horizon and the International Space Station.

# TRAIN LIKE AN ASTRONAUT



OFF THE EARTH, FOR THE EARTH

1  
00:00:02,120 --> 00:00:20,040  
[ Music ]

2  
00:00:20,560 --> 00:00:22,600  
>> Being an educator  
today is not easy.

3  
00:00:22,760 --> 00:00:24,440  
We, here at Heights Elementary  
School are not here simply

4  
00:00:24,600 --> 00:00:26,306  
to educate our students  
in the academic realm.

5  
00:00:26,306 --> 00:00:27,656  
It's so important  
for our students

6  
00:00:27,656 --> 00:00:29,976  
to be lifelong learners, and  
we have to think about ways

7  
00:00:29,976 --> 00:00:31,866  
that we motivate them to do so.

8  
00:00:31,866 --> 00:00:33,806  
>> There are so many  
distractions

9  
00:00:33,956 --> 00:00:35,776  
that we have to compete with.

10  
00:00:35,916 --> 00:00:36,566  
>> iPads.

11  
00:00:36,566 --> 00:00:37,256  
>> Xbox.

12

00:00:37,256 --> 00:00:38,266

>> Video games.

13

00:00:38,266 --> 00:00:38,866

>> Internet.

14

00:00:38,866 --> 00:00:41,226

>> Far too many channels  
of cable television.

15

00:00:41,226 --> 00:00:42,586

>> What we need is something

16

00:00:42,586 --> 00:00:45,666

that kids will be  
highly motivated about.

17

00:00:45,856 --> 00:00:47,826

Something to keep  
them physically fit,

18

00:00:47,826 --> 00:00:50,856

as well as making  
nutritionally-sound choices.

19

00:00:50,856 --> 00:00:50,923

[ Music ]

20

00:00:50,923 --> 00:01:04,546

>> What we needed was a new  
tool to help these kids think

21

00:01:04,546 --> 00:01:06,726

about diet and exercise in order

22

00:01:06,726 --> 00:01:09,066

to make the healthy  
choices they need to.

23

00:01:09,066 --> 00:01:10,456

>> I knew what that tool was.

24

00:01:10,456 --> 00:01:12,196

It was something that  
inspired me as a kid

25

00:01:12,196 --> 00:01:13,926

and continues to  
inspire me today.

26

00:01:14,826 --> 00:01:15,806

The space program.

27

00:01:15,876 --> 00:01:19,966

>> The importance of an  
astronaut's physical exercise

28

00:01:19,966 --> 00:01:21,906

and proper diet cannot  
be understated.

29

00:01:21,906 --> 00:01:24,646

Not just for the fitness of the  
astronaut, but also to ensure

30

00:01:24,646 --> 00:01:27,436

that they stay mentally focused  
and productive during their stay

31

00:01:27,436 --> 00:01:28,786

on the International  
Space Station,

32

00:01:28,786 --> 00:01:30,366

and for future missions,  
whether it be

33

00:01:30,366 --> 00:01:32,786

to asteroids, the moon, or Mars.

34

00:01:32,786 --> 00:01:35,626

>> In response to the rising  
childhood obesity rate,

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00:01:35,836 --> 00:01:40,326

NASA has developed a  
series of activities based

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00:01:40,326 --> 00:01:42,976

on astronaut training  
and we call that:

37

00:01:43,226 --> 00:01:44,426

Train Like An Astronaut.

38

00:01:44,566 --> 00:01:47,786

>> Examples of the Train Like  
An Astronaut activities include

39

00:01:47,786 --> 00:01:51,556

things that we do exactly as  
we do on the ISS: cycling,

40

00:01:51,906 --> 00:01:54,196

resistance training,  
and cardiovascular.

41

00:01:54,766 --> 00:01:58,476

And then onto dexterity,  
putting puzzles together,

42

00:01:58,966 --> 00:02:02,056

making healthy food choices,  
and working as a team.

43

00:02:02,736 --> 00:02:06,016

All activities as they  
truly do on the ISS.

44

00:02:06,016 --> 00:02:08,726

>> Train Like An Astronaut  
activities are flexible enough

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00:02:08,726 --> 00:02:12,776

to be used in conjunction with  
other programs like NFL Play 60.

46

00:02:12,966 --> 00:02:15,246

What makes this program  
unique is

47

00:02:15,246 --> 00:02:17,726

that we're using the human  
challenges of spaceflight

48

00:02:18,916 --> 00:02:21,956

to inspire, as well as  
motivate our children,

49

00:02:22,156 --> 00:02:24,086

to make healthy choices  
throughout their life.

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00:02:24,086 --> 00:02:26,146

>>We're currently  
in 24 countries

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00:02:26,146 --> 00:02:30,436

with over 24,000 participants,  
and growing every year.

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00:02:30,436 --> 00:02:33,456

>> This has expanded to such  
an incredible opportunity

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00:02:33,456 --> 00:02:40,686

for both myself and for  
educators around the world,

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00:02:40,986 --> 00:02:47,486

to make such an impact  
on the lives of children,

55

00:02:48,066 --> 00:02:52,046

both for fitness as  
well as nutrition.

56

00:02:52,856 --> 00:02:59,486

>> It was excitement for the  
whole thing, that the students,

57

00:03:00,046 --> 00:03:04,776

they weren't just doing  
exercises anymore,

58

00:03:04,956 --> 00:03:07,626

they were training  
like an astronaut!

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00:03:07,696 --> 00:03:11,016

>> The true success of the  
program is the educators.

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00:03:11,016 --> 00:03:13,306

An example of a teacher  
that has worked

61

00:03:13,306 --> 00:03:18,696

and motivated his children  
is an outstanding educator

62

00:03:18,806 --> 00:03:21,786

by the name of Timothy Vigorito.

63

00:03:21,786 --> 00:03:25,186

This gentleman excited them  
and inspired them in ways

64

00:03:25,356 --> 00:03:26,906

that we never could do it.

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00:03:27,116 --> 00:03:38,776

And with that, he's helping us  
grow the 21st century leadership

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00:03:38,876 --> 00:03:41,206

that we so desperately need.

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00:03:41,746 --> 00:03:46,636

>> Mr. Vigorito is extremely  
passionate about the Train

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00:03:46,906 --> 00:03:49,486

Like An Astronaut program.

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00:03:49,486 --> 00:03:55,366

>> I think he himself would  
like to be an astronaut.

70

00:03:57,396 --> 00:04:01,846

>> He comes to life when  
he's teaching the kids

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00:04:03,326 --> 00:04:06,966

and talking about the program.

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00:04:07,376 --> 00:04:16,896

The kids feel that enthusiasm.

73

00:04:16,896 --> 00:04:19,876

>> We're just so  
fortunate to have him.

74

00:04:19,986 --> 00:04:21,796

Oh, it's truly the case.

75

00:04:21,796 --> 00:04:21,863  
[ Music ]

76

00:04:21,863 --> 00:04:24,246  
>> They say your astronaut  
training doesn't begin

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00:04:24,246 --> 00:04:25,206  
when NASA hires you.

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00:04:25,206 --> 00:04:28,536  
It begins when you're young,  
by learning about space

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00:04:28,626 --> 00:04:33,276  
and the world around us, and by  
making healthy choices in life.

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00:04:33,306 --> 00:04:34,896  
Today, I'd like to recognize an  
outstanding physical education

81

00:04:34,926 --> 00:04:36,366  
teacher, Tim Vigorito, for  
being a champion for the Train

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00:04:36,396 --> 00:04:37,086  
Like An Astronaut program

83

00:04:37,116 --> 00:04:38,346  
and influencing thousands  
of students to date.

84

00:04:38,376 --> 00:04:39,726  
It is educators like you  
that truly make a difference

85

00:04:39,756 --> 00:04:41,166  
in this world, and who will  
inspire the next generation

86

00:04:41,196 --> 00:04:42,816  
to propel humankind on future  
missions to Mars and beyond.

87

00:04:42,846 --> 00:04:43,236  
>> This is too much.

88

00:04:43,266 --> 00:04:44,106  
For me, it's become  
a way of life.

89

00:04:44,136 --> 00:04:45,126  
And I'm just so thankful  
to everyone

90

00:04:45,156 --> 00:04:45,816  
for what it's done for me.

91

00:04:45,846 --> 00:04:46,986  
I just want to share  
that with my students.

92

00:04:47,016 --> 00:04:48,216  
Maybe it'll inspire them  
to reach a little deeper,

93

00:04:48,246 --> 00:04:49,566  
to go a little further,  
maybe to try a little harder,