



1
00:00:07,670 --> 00:00:02,230
station this is mission control houston

2
00:00:13,110 --> 00:00:10,549
we are ready for the event

3
00:00:14,789 --> 00:00:13,120
lisa this is houston please call station

4
00:00:17,430 --> 00:00:14,799
for a voice check

5
00:00:22,470 --> 00:00:17,440
this is jean from esc speaking how do

6
00:00:22,480 --> 00:00:28,070
john we have you loud and clear

7
00:00:32,229 --> 00:00:29,990
thank you very much now i would like to

8
00:00:35,110 --> 00:00:32,239
introduce someone you know michelle

9
00:00:37,510 --> 00:00:35,120
tonini head of esc and we have a lot of

10
00:00:41,270 --> 00:00:37,520
kids here michelle will explain that

11
00:00:43,830 --> 00:00:41,280
hello katie hello paulo how are you

12
00:00:47,029 --> 00:00:43,840
we are at esc here with a lot of

13
00:00:53,910 --> 00:00:47,039

children we have 100 children from

14

00:00:57,430 --> 00:00:55,029

so you

15

00:01:00,150 --> 00:00:57,440

you cannot you can hear i am not alone

16

00:01:01,990 --> 00:01:00,160

and we have also about 4 000 kids

17

00:01:03,270 --> 00:01:02,000

following this event from all over

18

00:01:05,830 --> 00:01:03,280

europa

19

00:01:09,270 --> 00:01:05,840

and uh i'm glad to see you you look uh

20

00:01:11,590 --> 00:01:09,280

very good you look in excellent shape

21

00:01:14,070 --> 00:01:11,600

you you look to have some

22

00:01:16,469 --> 00:01:14,080

sun center do you go to the beach

23

00:01:18,550 --> 00:01:16,479

sometimes or what do you do to get a

24

00:01:21,190 --> 00:01:18,560

nice color i mean you work in a good

25

00:01:22,149 --> 00:01:21,200

shape you do sport every day i guess

26

00:01:24,789 --> 00:01:22,159

okay

27

00:01:26,550 --> 00:01:24,799

we are going to start

28

00:01:28,789 --> 00:01:26,560

you want to show us something to do in

29

00:01:33,590 --> 00:01:28,799

space right

30

00:01:37,030 --> 00:01:35,429

good afternoon

31

00:01:38,469 --> 00:01:37,040

couldn't talk

32

00:01:44,389 --> 00:01:38,479

bonjour

33

00:01:48,149 --> 00:01:45,270

hey

34

00:01:50,469 --> 00:01:48,159

this is uh michelle good afternoon and

35

00:01:53,350 --> 00:01:50,479

good afternoon to everybody

36

00:01:55,429 --> 00:01:53,360

around europe and around the world

37

00:01:57,510 --> 00:01:55,439

i'm paolo nespoli flight engineer

38

00:01:59,590 --> 00:01:57,520

expedition 27

39

00:02:01,670 --> 00:01:59,600

i'm katie coleman also flight engineer

40

00:02:04,709 --> 00:02:01,680

expedition 27.

41

00:02:06,789 --> 00:02:04,719

and uh of course we are talking to you

42

00:02:08,710 --> 00:02:06,799

from the international space station

43

00:02:12,309 --> 00:02:08,720

orbiting earth

44

00:02:15,270 --> 00:02:12,319

at uh something like 28 000 kilometers

45

00:02:17,670 --> 00:02:15,280

per hour about 400 kilometers above your

46

00:02:20,630 --> 00:02:17,680

heads and as you can see we are in zero

47

00:02:22,470 --> 00:02:20,640

g here so the the the situation here are

48

00:02:34,710 --> 00:02:22,480

not is not the same as the one we have

49

00:02:42,550 --> 00:02:38,070

so we are here to uh conclude

50

00:02:53,190 --> 00:02:44,949

you you continue it's your turn i will i

51
00:02:58,550 --> 00:02:55,670
well we are here to conclude the mission

52
00:03:00,710 --> 00:02:58,560
x train like an astronaut and i know

53
00:03:03,190 --> 00:03:00,720
that you've been uh using the principles

54
00:03:04,630 --> 00:03:03,200
of healthy eating and fitness and you've

55
00:03:06,309 --> 00:03:04,640
been training like an astr like

56
00:03:08,149 --> 00:03:06,319
astronauts with the european space

57
00:03:12,790 --> 00:03:08,159
agency and i'm just really proud of

58
00:03:18,309 --> 00:03:15,589
yes it was uh it was very nice uh for us

59
00:03:21,430 --> 00:03:18,319
here we we did train here in space we

60
00:03:23,190 --> 00:03:21,440
usually train on the ground uh normally

61
00:03:26,070 --> 00:03:23,200
to be ready to

62
00:03:29,350 --> 00:03:26,080
uh to be up here in space and here is

63
00:03:32,390 --> 00:03:29,360

space we train even more because we lack

64

00:03:34,710 --> 00:03:32,400

there's no gravity up here and uh all

65

00:03:37,509 --> 00:03:34,720

the muscle kind of relax and the

66

00:03:40,070 --> 00:03:37,519

skeleton on the bone can kind of lose uh

67

00:03:41,990 --> 00:03:40,080

consistency lose minerals so we need

68

00:03:44,070 --> 00:03:42,000

really to train and we train something

69

00:03:46,710 --> 00:03:44,080

like a couple of hours two and a half

70

00:03:49,270 --> 00:03:46,720

hours per day

71

00:03:51,750 --> 00:03:49,280

and and we know that you have done uh

72

00:03:53,670 --> 00:03:51,760

the same and and it's very good that uh

73

00:03:56,309 --> 00:03:53,680

you guys were able for for eight weeks

74

00:03:59,190 --> 00:03:56,319

to learn things and at the same time

75

00:04:03,750 --> 00:03:59,200

practice them and when we say train we

76
00:04:05,030 --> 00:04:03,760
we really mean training but also uh do a

77
00:04:06,149 --> 00:04:05,040
healthy

78
00:04:09,190 --> 00:04:06,159
outdoor

79
00:04:11,910 --> 00:04:09,200
life go out and play soccer run with

80
00:04:13,830 --> 00:04:11,920
friends run around do things you know

81
00:04:16,229 --> 00:04:13,840
it's very nice stay home and play with

82
00:04:19,270 --> 00:04:16,239
computers or watch tv but we need to be

83
00:04:21,830 --> 00:04:19,280
very active uh sport is good for the

84
00:04:23,670 --> 00:04:21,840
body and it's also good for social

85
00:04:25,030 --> 00:04:23,680
skills because when you do sport you

86
00:04:26,710 --> 00:04:25,040
like you you

87
00:04:29,430 --> 00:04:26,720
you learn to work

88
00:04:31,670 --> 00:04:29,440

in a team uh you know and when you play

89

00:04:33,830 --> 00:04:31,680

soccer it's not one person that win

90

00:04:35,749 --> 00:04:33,840

they win it's the whole team and and you

91

00:04:37,430 --> 00:04:35,759

have to learn to work like it in in a

92

00:04:39,990 --> 00:04:37,440

team and this is uh the all these

93

00:04:41,670 --> 00:04:40,000

principles are very good and i really

94

00:04:43,350 --> 00:04:41,680

hope that mission x

95

00:04:45,430 --> 00:04:43,360

train like an astronaut was very

96

00:04:48,550 --> 00:04:45,440

successful and you really liked it and

97

00:04:53,510 --> 00:04:48,560

you keep some of this principle and you

98

00:04:58,629 --> 00:04:56,629

so now it's time to announce the winning

99

00:05:00,710 --> 00:04:58,639

teams although we are proud of every

100

00:05:03,350 --> 00:05:00,720

single one of you that has been trying

101
00:05:05,110 --> 00:05:03,360
to work do your best with mission x so

102
00:05:15,029 --> 00:05:05,120
the winning teams are

103
00:05:19,670 --> 00:05:18,550
31 aliens from germany

104
00:05:32,469 --> 00:05:19,680
and

105
00:05:36,390 --> 00:05:34,710
okay so um

106
00:05:39,590 --> 00:05:36,400
space lines from austria you got the

107
00:05:42,469 --> 00:05:39,600
next one is

108
00:05:46,469 --> 00:05:42,479
joinville from france

109
00:05:50,230 --> 00:05:46,479
my favorite 31 aliens from germany

110
00:05:53,749 --> 00:05:50,240
savona from italy

111
00:05:57,189 --> 00:05:53,759
around gangers from the netherlands

112
00:06:00,469 --> 00:05:57,199
picasso land from spain

113
00:06:02,469 --> 00:06:00,479

bentfield from the united kingdom

114

00:06:04,550 --> 00:06:02,479

and i have a serious problems

115

00:06:06,629 --> 00:06:04,560

for for the next one

116

00:06:08,230 --> 00:06:06,639

from the czech republic i really don't

117

00:06:09,029 --> 00:06:08,240

know how to pronounce this and i'm going

118

00:06:10,950 --> 00:06:09,039

to

119

00:06:28,230 --> 00:06:10,960

kill it so anybody in cologne can help

120

00:06:32,950 --> 00:06:29,830

all right michelle we'll let you we'll

121

00:06:35,110 --> 00:06:32,960

let you pronounce that and

122

00:06:37,189 --> 00:06:35,120

and and good that's good in any case

123

00:06:40,150 --> 00:06:37,199

congratulations to all the team that

124

00:06:42,070 --> 00:06:40,160

participated uh to this uh

125

00:06:43,670 --> 00:06:42,080

let's say competition but it was more

126

00:06:45,590 --> 00:06:43,680

like a learning experience and

127

00:06:47,670 --> 00:06:45,600

congratulations also to this team that

128

00:06:50,230 --> 00:06:47,680

we have just mentioned uh because they

129

00:06:52,070 --> 00:06:50,240

were successful more successful than the

130

00:06:53,430 --> 00:06:52,080

others

131

00:06:55,990 --> 00:06:53,440

so

132

00:06:59,670 --> 00:06:56,000

michelle anything to to add there from

133

00:07:11,110 --> 00:07:01,270

no it's fine you can continue your

134

00:07:13,350 --> 00:07:11,830

so

135

00:07:15,270 --> 00:07:13,360

i know that you've been training and

136

00:07:17,029 --> 00:07:15,280

competing and doing many different

137

00:07:18,629 --> 00:07:17,039

exercises probably some of which you

138

00:07:20,790 --> 00:07:18,639

like and some of which you don't like

139

00:07:23,670 --> 00:07:20,800

but it's just really good to be active

140

00:07:25,670 --> 00:07:23,680

and one of our favorites is the space

141

00:07:27,830 --> 00:07:25,680

roll and roll where we're doing

142

00:07:29,350 --> 00:07:27,840

somersaults in all directions although i

143

00:07:31,670 --> 00:07:29,360

have to tell you that this is really fun

144

00:07:33,189 --> 00:07:31,680

for us it's not necessarily exercise in

145

00:07:35,350 --> 00:07:33,199

space but i think on earth it's really

146

00:07:55,110 --> 00:07:35,360

good exercise so i think i'm gonna i'm

147

00:08:07,589 --> 00:07:57,029

so even though he's a big guy i can do

148

00:08:12,550 --> 00:08:10,390

but there was

149

00:08:15,029 --> 00:08:12,560

yeah that was for fun michelle as you

150

00:08:18,070 --> 00:08:15,039

know we we don't usually do that we

151
00:08:20,150 --> 00:08:18,080
sometimes we fly uh around the lab just

152
00:08:22,550 --> 00:08:20,160
to make sure just to try to see if we

153
00:08:24,710 --> 00:08:22,560
can go from one direction to the other

154
00:08:26,469 --> 00:08:24,720
without bumping into anything you know

155
00:08:28,070 --> 00:08:26,479
when you come in space at the beginning

156
00:08:30,469 --> 00:08:28,080
it's very difficult to

157
00:08:33,269 --> 00:08:30,479
to be coordinated and you start grabbing

158
00:08:35,670 --> 00:08:33,279
things but but after a while it's uh

159
00:08:39,589 --> 00:08:35,680
it's easy to kind of float around

160
00:08:40,949 --> 00:08:39,599
like superman or the spiderman

161
00:08:43,509 --> 00:08:40,959
but we do

162
00:08:45,910 --> 00:08:43,519
do exercises as i said we do about two

163
00:08:48,070 --> 00:08:45,920

and a half hours of exercise per day and

164

00:08:49,990 --> 00:08:48,080

one of the equipment that we use is

165

00:08:53,430 --> 00:08:50,000

right here in the lab and you can see it

166

00:08:56,949 --> 00:08:53,440

here it's a cycle ergometer so it's a

167

00:09:00,790 --> 00:08:56,959

little bit of a bicycle but uh it has a

168

00:09:03,910 --> 00:09:00,800

a mechanism inside to provide some load

169

00:09:06,870 --> 00:09:03,920

and we can actually dial the load so we

170

00:09:08,630 --> 00:09:06,880

we can tell the the the this

171

00:09:10,470 --> 00:09:08,640

machine we can tell it okay we would

172

00:09:13,269 --> 00:09:10,480

like to simulate we are really going

173

00:09:15,350 --> 00:09:13,279

uphill or downhill or everywhere else

174

00:09:17,670 --> 00:09:15,360

it's interesting because uh while doing

175

00:09:19,269 --> 00:09:17,680

the exercise you're you're actually not

176

00:09:21,350 --> 00:09:19,279

sitting on anything you're just

177

00:09:23,670 --> 00:09:21,360

suspending in the air and if you don't

178

00:09:26,070 --> 00:09:23,680

pay attention you can actually flip over

179

00:09:28,150 --> 00:09:26,080

and keep doing exercise it's it's really

180

00:09:29,990 --> 00:09:28,160

fun and sometimes i pedal go all the way

181

00:09:31,190 --> 00:09:30,000

around and then spin back it's it's

182

00:09:32,310 --> 00:09:31,200

interesting

183

00:09:38,150 --> 00:09:32,320

and

184

00:09:41,030 --> 00:09:38,160

outside it is funny to see the earth

185

00:09:43,590 --> 00:09:41,040

passing by at uh 28 000

186

00:09:45,990 --> 00:09:43,600

kilometers per hour and and i wonder if

187

00:09:48,870 --> 00:09:46,000

it is me spinning around spinning on the

188

00:09:50,470 --> 00:09:48,880

bicycle uh throwing the the station

189

00:09:55,829 --> 00:09:50,480

around earth and of course this is not

190

00:10:00,470 --> 00:09:56,949

we also

191

00:10:00,480 --> 00:10:04,710

go ahead

192

00:10:12,630 --> 00:10:07,110

after you exercise so much you must be

193

00:10:16,550 --> 00:10:14,389

well we wanted to show you some of our

194

00:10:18,949 --> 00:10:16,560

food and actually i'll show you one of

195

00:10:21,430 --> 00:10:18,959

my favorite things to eat but i'll tell

196

00:10:23,990 --> 00:10:21,440

you that all our food up here comes in

197

00:10:25,829 --> 00:10:24,000

big boxes and it's usually in a couple

198

00:10:28,069 --> 00:10:25,839

different forms

199

00:10:29,670 --> 00:10:28,079

it comes in packages where the food is

200

00:10:32,069 --> 00:10:29,680

dried

201
00:10:33,670 --> 00:10:32,079
and then we add water from almost like a

202
00:10:35,829 --> 00:10:33,680
little like a little faucet but it's

203
00:10:37,509 --> 00:10:35,839
like a needle that puts water into

204
00:10:40,550 --> 00:10:37,519
shoots water into our food and makes it

205
00:10:42,389 --> 00:10:40,560
into regular food and you can see that

206
00:10:44,550 --> 00:10:42,399
you know they're really just kind of not

207
00:10:45,990 --> 00:10:44,560
very attractive in fact i'll show you

208
00:10:49,030 --> 00:10:46,000
something that looks very sad but

209
00:10:51,430 --> 00:10:49,040
actually tastes pretty good and that is

210
00:10:52,870 --> 00:10:51,440
italian vegetables i know it makes paolo

211
00:10:55,110 --> 00:10:52,880
cry i think but these are actually

212
00:10:56,710 --> 00:10:55,120
italian vegetables and here's tomatoes

213
00:10:58,150 --> 00:10:56,720

and artichokes so they look kind of ugly

214

00:11:00,710 --> 00:10:58,160

but i tell you they taste really good

215

00:11:03,190 --> 00:11:00,720

and we eat a lot of as much healthy food

216

00:11:05,509 --> 00:11:03,200

as we can every single day breakfast

217

00:11:08,389 --> 00:11:05,519

lunch and dinner a lot of vegetables a

218

00:11:10,389 --> 00:11:08,399

lot of grains we look for low-fat food

219

00:11:11,750 --> 00:11:10,399

and so we try to eat healthy and because

220

00:11:16,389 --> 00:11:11,760

that's part of having a healthy

221

00:11:20,389 --> 00:11:18,550

yes and one thing that we cannot have

222

00:11:22,710 --> 00:11:20,399

you here in space so we can have only

223

00:11:25,990 --> 00:11:22,720

rarely is fresh food and i'm really

224

00:11:28,710 --> 00:11:26,000

missing a good salad a good

225

00:11:30,710 --> 00:11:28,720

fruit fresh fruit

226

00:11:33,590 --> 00:11:30,720

and and you are really fortunate to have

227

00:11:37,190 --> 00:11:33,600

the possibility there to eat these next

228

00:11:37,990 --> 00:11:37,200

snacks we just have to take some of this

229

00:11:39,430 --> 00:11:38,000

uh

230

00:11:41,190 --> 00:11:39,440

envelope for example this one is

231

00:11:43,590 --> 00:11:41,200

actually pears

232

00:11:51,430 --> 00:11:43,600

and kitty has some fruit there right do

233

00:11:54,949 --> 00:11:53,990

so as you can see our fruit is not

234

00:11:55,990 --> 00:11:54,959

fresh

235

00:11:58,470 --> 00:11:56,000

but it's

236

00:12:01,350 --> 00:11:58,480

not not everything is freeze-dried like

237

00:12:03,190 --> 00:12:01,360

this one has been cut and packaged and

238

00:12:10,230 --> 00:12:03,200

we can actually eat that

239

00:12:17,670 --> 00:12:12,710

there is a piece missing downstairs

240

00:12:22,470 --> 00:12:19,910

yeah this is fun uh michelle

241

00:12:25,509 --> 00:12:22,480

sometimes we let the food flying around

242

00:12:27,750 --> 00:12:25,519

and then we go and catch it looks like a

243

00:12:33,190 --> 00:12:27,760

little bit like a dog but but it's nice

244

00:12:39,110 --> 00:12:35,590

okay it looks very good and

245

00:12:41,190 --> 00:12:39,120

thank you for the food that you show up

246

00:12:43,269 --> 00:12:41,200

before we start the question and answer

247

00:12:45,829 --> 00:12:43,279

i have a special guest for you you gave

248

00:12:49,430 --> 00:12:45,839

us a surprise so i have a surprise for

249

00:12:55,110 --> 00:12:51,430

well actually it's a bit too much honor

250

00:12:56,230 --> 00:12:55,120

hello katie apollo is andre here at eic

251
00:12:58,310 --> 00:12:56,240
and uh

252
00:13:00,069 --> 00:12:58,320
being very jealous because i like to be

253
00:13:02,629 --> 00:13:00,079
up there with you already

254
00:13:05,829 --> 00:13:02,639
and i'm trading here with uh with don

255
00:13:08,710 --> 00:13:05,839
pettit and mike fossum and satoshi so we

256
00:13:10,550 --> 00:13:08,720
are preparing uh to uh to go up there as

257
00:13:12,550 --> 00:13:10,560
well and if i see it i'd like to go

258
00:13:16,389 --> 00:13:12,560
tomorrow it's a real pleasure to see you

259
00:13:19,910 --> 00:13:18,310
it is great to be here and great to hear

260
00:13:21,910 --> 00:13:19,920
from you andre you are going to love

261
00:13:24,389 --> 00:13:21,920
every minute of being up here i mean we

262
00:13:26,710 --> 00:13:24,399
get to do science experiments we get to

263
00:13:29,030 --> 00:13:26,720

learn how to run a space station i mean

264

00:13:31,190 --> 00:13:29,040

it's amazing equipment up here and we

265

00:13:32,710 --> 00:13:31,200

get to look at the earth and exercise

266

00:13:34,069 --> 00:13:32,720

every day what more could we want and

267

00:13:41,430 --> 00:13:34,079

it's really nice to see you guys we

268

00:13:45,829 --> 00:13:43,350

okay thank you now we go for the

269

00:13:49,910 --> 00:13:45,839

question and answer and i would like to

270

00:13:52,550 --> 00:13:49,920

ask the first question from austria

271

00:13:53,910 --> 00:13:52,560

so lisa will ask the question she is a

272

00:13:56,550 --> 00:13:53,920

german and

273

00:13:58,150 --> 00:13:56,560

she is here at esi and she how old are

274

00:14:00,310 --> 00:13:58,160

you lisan

275

00:14:02,389 --> 00:14:00,320

seven years old and she will ask

276
00:14:05,189 --> 00:14:02,399
11 years old and she will ask the first

277
00:14:08,629 --> 00:14:06,150
hello

278
00:14:10,870 --> 00:14:08,639
um our first question you kind of

279
00:14:13,350 --> 00:14:10,880
answered and what is your favorite dish

280
00:14:23,430 --> 00:14:13,360
on iss and is it different from the way

281
00:14:28,629 --> 00:14:26,790
well i like to eat a lot of soup up here

282
00:14:30,389 --> 00:14:28,639
and i think i i'd like to do that

283
00:14:31,990 --> 00:14:30,399
especially at lunch time and i do that

284
00:14:33,829 --> 00:14:32,000
with a few crackers and that tastes

285
00:14:35,670 --> 00:14:33,839
about the same as it on earth except

286
00:14:37,430 --> 00:14:35,680
what i usually do is i open the package

287
00:14:39,990 --> 00:14:37,440
just a little bit and then i kind of

288
00:14:46,710 --> 00:14:40,000

just squish the soup out and and so i

289

00:14:57,509 --> 00:14:48,550

okay kathy thank you very much for your

290

00:15:06,710 --> 00:14:59,670

do you have special meals for

291

00:15:09,509 --> 00:15:08,629

well we have

292

00:15:11,269 --> 00:15:09,519

some

293

00:15:14,150 --> 00:15:11,279

containers of

294

00:15:16,310 --> 00:15:14,160

special meals that are brought up here

295

00:15:17,189 --> 00:15:16,320

for us it's it's a little bit difficult

296

00:15:22,069 --> 00:15:17,199

to

297

00:15:24,550 --> 00:15:22,079

that can be

298

00:15:27,189 --> 00:15:24,560

maintained we don't have a refrigerator

299

00:15:30,389 --> 00:15:27,199

and food goes to the launch

300

00:15:31,829 --> 00:15:30,399

center much early in time so fresh food

301
00:15:35,030 --> 00:15:31,839
is not

302
00:15:38,310 --> 00:15:35,040
possible but we do have some special

303
00:15:41,030 --> 00:15:38,320
meals some special little things

304
00:15:44,949 --> 00:15:41,040
i had some special prosciutto coming

305
00:15:48,069 --> 00:15:44,959
from italy uh katie had a lot of other

306
00:15:51,030 --> 00:15:48,079
things uh sweet things that that reminds

307
00:15:53,269 --> 00:15:51,040
her home and oh everybody here has have

308
00:15:55,269 --> 00:15:53,279
these little things and we always try to

309
00:15:58,790 --> 00:15:55,279
bring enough so that when there are

310
00:16:01,590 --> 00:15:58,800
special days uh like we had christmas up

311
00:16:03,189 --> 00:16:01,600
here on new year's eve we have a meal

312
00:16:11,110 --> 00:16:03,199
together and we share of these

313
00:16:15,350 --> 00:16:13,670

okay next question is from a czech

314

00:16:17,350 --> 00:16:15,360

republic

315

00:16:23,509 --> 00:16:17,360

what is your favorite exercise which

316

00:16:27,189 --> 00:16:25,990

well my favorite exercise is we have a

317

00:16:29,910 --> 00:16:27,199

thing a machine it's like a

318

00:16:31,990 --> 00:16:29,920

weightlifting machine but it uses vacuum

319

00:16:33,910 --> 00:16:32,000

to provide their resistance and so it

320

00:16:35,269 --> 00:16:33,920

can be very very hard and we do weights

321

00:16:37,430 --> 00:16:35,279

just like can bella can i get you to

322

00:16:39,670 --> 00:16:37,440

hold that um we do weights like you know

323

00:16:41,749 --> 00:16:39,680

like this and and what i like about it

324

00:16:43,509 --> 00:16:41,759

is when i have the bar on my shoulders i

325

00:16:46,069 --> 00:16:43,519

actually feel like i'm standing and it

326

00:16:48,230 --> 00:16:46,079

feels kind of good to be standing so i

327

00:16:50,069 --> 00:16:48,240

like that really a lot but we do one

328

00:16:52,230 --> 00:16:50,079

exercise on that machine where we do our

329

00:16:54,710 --> 00:16:52,240

exercises just on one leg they're called

330

00:16:56,389 --> 00:16:54,720

single leg squats and i think almost all

331

00:16:58,069 --> 00:16:56,399

of us think it's the hardest thing to in

332

00:16:59,509 --> 00:16:58,079

the world to do i don't really like them

333

00:17:04,870 --> 00:16:59,519

but you know what i do them because

334

00:17:13,110 --> 00:17:05,990

excellent

335

00:17:20,710 --> 00:17:14,309

can fresh

336

00:17:25,990 --> 00:17:22,390

well

337

00:17:28,309 --> 00:17:26,000

yes in principle yes we cannot have big

338

00:17:30,230 --> 00:17:28,319

quantities because

339

00:17:32,150 --> 00:17:30,240

we don't have the capability of storing

340

00:17:34,230 --> 00:17:32,160

and maintaining up here in space but

341

00:17:37,430 --> 00:17:34,240

every time there is a

342

00:17:39,750 --> 00:17:37,440

new spacecraft coming the shuttle coming

343

00:17:42,310 --> 00:17:39,760

they actually bring a little bit not too

344

00:17:45,750 --> 00:17:42,320

much like a little bag of fresh food so

345

00:17:47,669 --> 00:17:45,760

we had oranges we had onions

346

00:17:49,830 --> 00:17:47,679

we had pickles

347

00:17:52,390 --> 00:17:49,840

uh and by the way we were just told that

348

00:18:01,510 --> 00:17:52,400

with the next shuttle coming in about 15

349

00:18:06,070 --> 00:18:04,870

okay next question is from italy

350

00:18:14,150 --> 00:18:06,080

do you eat

351
00:18:19,669 --> 00:18:16,630
well that's kind of a personal thing and

352
00:18:21,590 --> 00:18:19,679
i like to take vitamins and so i do take

353
00:18:23,029 --> 00:18:21,600
vitamins up here although our food

354
00:18:26,070 --> 00:18:23,039
actually gives us all the vitamins we

355
00:18:26,870 --> 00:18:26,080
need except we do all of us take vitamin

356
00:18:31,830 --> 00:18:26,880
d

357
00:18:34,070 --> 00:18:31,840
helps us maintain strong bones here in

358
00:18:36,310 --> 00:18:34,080
space because we don't walk around on

359
00:18:38,230 --> 00:18:36,320
our legs like you do down there on earth

360
00:18:40,549 --> 00:18:38,240
our legs and our bones become a lot

361
00:18:43,430 --> 00:18:40,559
weaker up here just like maybe an older

362
00:18:45,669 --> 00:18:43,440
person who's become kind of frail and so

363
00:18:52,710 --> 00:18:45,679

in order to prevent that we exercise and

364

00:18:58,230 --> 00:18:56,230

next question is from netherlands

365

00:19:05,669 --> 00:18:58,240

how do you get the right amount of meat

366

00:19:11,510 --> 00:19:08,310

well we try to eat a balanced

367

00:19:13,270 --> 00:19:11,520

diet you don't absolutely need to have

368

00:19:15,350 --> 00:19:13,280

meat on your diet

369

00:19:16,150 --> 00:19:15,360

there are people that are vegetarian and

370

00:19:22,830 --> 00:19:16,160

eat

371

00:19:25,830 --> 00:19:22,840

according to what our

372

00:19:29,270 --> 00:19:25,840

dietitians tell us in order to have this

373

00:19:34,230 --> 00:19:29,280

balanced content of vitamin proteins

374

00:19:38,549 --> 00:19:37,350

so i would say we do have we do eat the

375

00:19:41,270 --> 00:19:38,559

right amount

376

00:19:42,630 --> 00:19:41,280

and we can actually choose also how much

377

00:19:45,270 --> 00:19:42,640

amount to eat

378

00:19:47,590 --> 00:19:45,280

i don't eat meat every every meal for

379

00:19:53,990 --> 00:19:47,600

example i usually have it once a day or

380

00:19:58,070 --> 00:19:55,990

okay paulo katie thank you very much

381

00:20:00,150 --> 00:19:58,080

that was the last question you did

382

00:20:02,950 --> 00:20:00,160

excellent answer to the question

383

00:20:05,510 --> 00:20:02,960

you look great thank you again and i

384

00:20:09,110 --> 00:20:05,520

look forward to seeing you at esc after

385

00:20:11,830 --> 00:20:09,120

your landing after your soft landing

386

00:20:14,310 --> 00:20:11,840

and now we have a special upload from

387

00:20:37,590 --> 00:20:14,320

here and i hope we will break all the

388

00:20:37,600 --> 00:20:42,870

looks like space

389

00:20:42,880 --> 00:20:46,070

survived

390

00:20:50,789 --> 00:20:49,110

really like it up here we really like it

391

00:20:52,950 --> 00:20:50,799

up here and we've actually decided not

392

00:20:54,390 --> 00:20:52,960

to come home i hope that's okay because

393

00:20:59,190 --> 00:20:54,400

we have a lot of great work to do up

394

00:21:03,510 --> 00:21:00,870

station this is houston acr that

395

00:21:05,190 --> 00:21:03,520

concludes the event thank you

396

00:21:07,029 --> 00:21:05,200

thank you issa station we are now

397

00:21:17,750 --> 00:21:07,039

resuming operational audio