
JAXA

1
00:00:11,750 --> 00:00:08,600
I became an astronaut in 1998 and I

2
00:00:14,240 --> 00:00:11,760
became one because I wanted a job that I

3
00:00:16,430 --> 00:00:14,250
could use both my brain and my body you

4
00:00:18,140 --> 00:00:16,440
know for and I wanted some adventure in

5
00:00:20,420 --> 00:00:18,150
there too so that's why I like this job

6
00:00:21,830 --> 00:00:20,430
very much it's a physical job you have

7
00:00:23,540 --> 00:00:21,840
to work out you have to do things that

8
00:00:24,950 --> 00:00:23,550
are physical at the same time you have

9
00:00:34,040 --> 00:00:24,960
to use your brain to accomplish your

10
00:00:35,899 --> 00:00:34,050
task hi my name is Carter Stokes from

11
00:00:46,340 --> 00:00:35,909
Boyett junior high school and this

12
00:00:48,979 --> 00:00:46,350
question is for Reed well i would say

13
00:00:51,619 --> 00:00:48,989

working in zero gravity first of all is

14
00:00:53,389 --> 00:00:51,629
extremely difficult because everything

15
00:00:55,639 --> 00:00:53,399
floats around but then once you get over

16
00:00:57,079 --> 00:00:55,649
the fact that it's very tough as you can

17
00:00:59,059 --> 00:00:57,089
see here with commander swanson it's

18
00:01:00,319 --> 00:00:59,069
absolutely the it's the best jungle gym

19
00:01:02,450 --> 00:01:00,329
it's the most fun place you could ever

20
00:01:04,670 --> 00:01:02,460
work in your life we just lift your feet

21
00:01:23,730 --> 00:01:04,680
up and just float around it's really

22
00:01:28,539 --> 00:01:26,800
that's a good question my muscles mostly

23
00:01:30,340 --> 00:01:28,549
get tired from working out we have a

24
00:01:32,289 --> 00:01:30,350
machine up here that's like lifting

25
00:01:34,600 --> 00:01:32,299
weights and we use that every day to

26
00:01:36,609 --> 00:01:34,610
make sure I muscle stay strong and so

27
00:01:38,080 --> 00:01:36,619
that's when my muscles mostly get tired

28
00:01:39,910 --> 00:01:38,090
there are some days when your hands will

29
00:01:41,260 --> 00:01:39,920
get tired if you're working a lot with a

30
00:01:47,380 --> 00:01:41,270
wrench or something like that but mostly

31
00:01:49,389 --> 00:01:47,390
just from the machine for work it out hi

32
00:01:51,520 --> 00:01:49,399
my name is Marco Gomez from Nicholson

33
00:01:53,139 --> 00:01:51,530
elementary school and this question is

34
00:01:54,789 --> 00:01:53,149
for reading what is the biggest

35
00:02:01,389 --> 00:01:54,799
challenge you ever say since being on

36
00:02:02,859 --> 00:02:01,399
the ISS well we'd like to joke around

37
00:02:05,529 --> 00:02:02,869
that it's working with each other that's

38
00:02:08,350 --> 00:02:05,539

our biggest challenge since arriving but

39
00:02:09,940 --> 00:02:08,360
for me personally it is just working

40
00:02:13,990 --> 00:02:09,950
without gravity I've said it a couple

41
00:02:16,030 --> 00:02:14,000
times but just little tiny parts if you

42
00:02:17,890 --> 00:02:16,040
put your pencil down for just a second

43
00:02:19,720 --> 00:02:17,900
then it's floating away and you turn

44
00:02:22,360 --> 00:02:19,730
over this way and come back and now the

45
00:02:24,340 --> 00:02:22,370
microphone is gone and just getting your

46
00:02:26,140 --> 00:02:24,350
mind to work without gravity is much

47
00:02:27,880 --> 00:02:26,150
more difficult than I expected but but

48
00:02:29,229 --> 00:02:27,890
I'm getting there and I'm almost I

49
00:02:56,360 --> 00:02:29,239
haven't lost a tool in a couple weeks

50
00:03:02,370 --> 00:02:59,700
yeah we do have chores we mostly do them

51
00:03:04,290 --> 00:03:02,380
on a weekly basis for cleaning so every

52
00:03:06,510 --> 00:03:04,300
weekend Saturday morning is our cleaning

53
00:03:08,430 --> 00:03:06,520
cleaning time we come up here and we

54
00:03:10,830 --> 00:03:08,440
each have a couple modules we have to

55
00:03:12,570 --> 00:03:10,840
clean and we will will vacuum it we wipe

56
00:03:14,370 --> 00:03:12,580
it down try to make it all nice and

57
00:03:16,290 --> 00:03:14,380
pretty we do that we also have other

58
00:03:18,300 --> 00:03:16,300
chores that we have to do on station

59
00:03:20,190 --> 00:03:18,310
like eating the food out from where

60
00:03:21,930 --> 00:03:20,200
storage area and put into areas where we

61
00:03:23,760 --> 00:03:21,940
can use it there's just many other tasks

62
00:03:33,350 --> 00:03:23,770
like that that we do on a regular basis

63
00:03:38,070 --> 00:03:36,660

this question is for Reed how long did

64
00:03:43,860 --> 00:03:38,080
it take you to complete your mission

65
00:03:46,350 --> 00:03:43,870
returns are that's a good question so my

66
00:03:47,610 --> 00:03:46,360
mission is just a little under six

67
00:03:49,830 --> 00:03:47,620
months it'll end up being about a

68
00:03:51,510 --> 00:03:49,840
hundred and sixty six days but our

69
00:03:54,690 --> 00:03:51,520
mission up here is ongoing and we've

70
00:03:56,550 --> 00:03:54,700
been up here four over just over five

71
00:03:58,680 --> 00:03:56,560
thousand days we've had people on the

72
00:04:00,750 --> 00:03:58,690
International Space Station and long

73
00:04:02,310 --> 00:04:00,760
after I leave this this vehicle will be

74
00:04:03,990 --> 00:04:02,320
up here orbiting the Earth with new

75
00:04:11,180 --> 00:04:04,000
crews and new crews continuing our

76
00:04:13,830 --> 00:04:11,190
research so the Mission Continues hi I

77
00:04:16,349 --> 00:04:13,840
Robinson from Boise high school in this

78
00:04:20,760 --> 00:04:16,359
cosmic fifties how long does it lead to

79
00:04:26,230 --> 00:04:23,650
that's a good question to get this suit

80
00:04:28,570 --> 00:04:26,240
on and get yourself ready is a quite a

81
00:04:29,770 --> 00:04:28,580
long process the suit itself only takes

82
00:04:31,960 --> 00:04:29,780
maybe an hour an hour and a half to

83
00:04:33,730 --> 00:04:31,970
actually get on however the process to

84
00:04:35,590 --> 00:04:33,740
go outside the door is much longer

85
00:04:38,290 --> 00:04:35,600
because we have to get rid of the

86
00:04:41,230 --> 00:04:38,300
nitrogen in our bodies before we can go

87
00:04:43,540 --> 00:04:41,240
out into space and so that takes about

88
00:04:45,220 --> 00:04:43,550

three or four hours that dad that into

89
00:04:47,260 --> 00:04:45,230
it too so it's a long time my time you

90
00:04:49,210 --> 00:04:47,270
get that suit on all ready to go and get

91
00:04:51,640 --> 00:04:49,220
your nitrogen out of your body it's

92
00:04:53,110 --> 00:04:51,650
about four or five hours and it's

93
00:04:59,640 --> 00:04:53,120
already a good part of your days already

94
00:05:04,990 --> 00:05:03,070
hi my name is samantha ronson from perry

95
00:05:06,850 --> 00:05:05,000
central middle school and this question

96
00:05:14,380 --> 00:05:06,860
so read how do you communicate with

97
00:05:16,270 --> 00:05:14,390
earth Roger anywhere in orbit so

98
00:05:18,400 --> 00:05:16,280
communication with earth is it's

99
00:05:20,500 --> 00:05:18,410
actually very very good from up here I

100
00:05:23,110 --> 00:05:20,510
have email so i can send send and

101
00:05:26,200 --> 00:05:23,120
receive emails which is in today's world

102
00:05:27,940 --> 00:05:26,210
pretty commonplace but i also at once

103
00:05:30,130 --> 00:05:27,950
every weekend on sunday i get to do a

104
00:05:32,500 --> 00:05:30,140
video chat with my family which is great

105
00:05:34,930 --> 00:05:32,510
i have two little kids and my wife and

106
00:05:36,430 --> 00:05:34,940
my kids gather around and we do a video

107
00:05:38,800 --> 00:05:36,440
chat actually on the computer right

108
00:05:40,450 --> 00:05:38,810
behind me here and that is fantastic to

109
00:05:51,130 --> 00:05:40,460
get to see them every week just really

110
00:06:07,059 --> 00:05:51,140
it warms my heart from the new school

111
00:06:12,950 --> 00:06:09,469
yes body measures that's a good question

112
00:06:15,140 --> 00:06:12,960
well for me my spine grew a little bit

113
00:06:16,490 --> 00:06:15,150

about an inch or so maybe an inch and a

114
00:06:19,010 --> 00:06:16,500
half and the other thing that's

115
00:06:21,439 --> 00:06:19,020
interesting I found out is the size like

116
00:06:23,420 --> 00:06:21,449
of your calf on your thry decrease a

117
00:06:26,930 --> 00:06:23,430
little bit and I think that's mostly due

118
00:06:28,820 --> 00:06:26,940
to the fluid shift we have like blood

119
00:06:30,230 --> 00:06:28,830
and other fluids in our body kind of

120
00:06:32,360 --> 00:06:30,240
shifts up because we don't have gravity

121
00:06:34,430 --> 00:06:32,370
pulling them down anymore and then on

122
00:06:36,110 --> 00:06:34,440
earth they kind of pool in your legs and

123
00:06:37,820 --> 00:06:36,120
then and when you walk they actually

124
00:06:39,469 --> 00:06:37,830
kind of help circulate but up here they

125
00:06:41,450 --> 00:06:39,479
don't have to pull your legs they got to

126
00:06:43,610 --> 00:06:41,460
all float up and me don't have that any

127
00:06:44,869 --> 00:06:43,620
longer in our legs and hence our legs

128
00:06:56,480 --> 00:06:44,879
are a little bit smaller than they are

129
00:07:13,380 --> 00:06:56,490
on earth this is questions that are

130
00:07:18,580 --> 00:07:16,240
so that's a great question i actually

131
00:07:21,040 --> 00:07:18,590
just took a picture of the Superdome

132
00:07:22,450 --> 00:07:21,050
this morning and i put it online so if

133
00:07:24,880 --> 00:07:22,460
you can do a good search you'll be able

134
00:07:26,290 --> 00:07:24,890
to find it we flew right over and it was

135
00:07:29,080 --> 00:07:26,300
a really nice look like a really nice

136
00:07:31,030 --> 00:07:29,090
morning very clear we also though so

137
00:07:34,000 --> 00:07:31,040
yeah we can see we can see cities

138
00:07:36,040 --> 00:07:34,010

through a pretty good zoom lens but we

139
00:07:38,200 --> 00:07:36,050
also in the u.s. lab we have a big

140
00:07:39,880 --> 00:07:38,210
telescope and it looks straight down and

141
00:07:41,410 --> 00:07:39,890
its ground commanded and it's taking

142
00:07:43,450 --> 00:07:41,420
pictures all the time and through that

143
00:08:02,470 --> 00:07:43,460
telescope the resolution on earth is

144
00:08:05,620 --> 00:08:02,480
absolutely fantastic that's a good

145
00:08:07,810 --> 00:08:05,630
question we course want to fix that when

146
00:08:09,580 --> 00:08:07,820
I says breaks and it becomes a whole

147
00:08:11,350 --> 00:08:09,590
team there's people on the ground that

148
00:08:13,030 --> 00:08:11,360
are experts on each one of these systems

149
00:08:14,560 --> 00:08:13,040
on board up here and they get together

150
00:08:16,690 --> 00:08:14,570
and they come up with a plan on how to

151
00:08:18,910 --> 00:08:16,700
fix it and so when they get to come with

152
00:08:20,560 --> 00:08:18,920
this plan then we will execute it on

153
00:08:22,540 --> 00:08:20,570
board here we will do whatever they ask

154
00:08:24,070 --> 00:08:22,550
us to do it could be change out the part

155
00:08:25,720 --> 00:08:24,080
it could be going to the part and

156
00:08:27,940 --> 00:08:25,730
replace it be all sorts of different

157
00:08:35,460 --> 00:08:27,950
things but we just fix it just like we

158
00:08:38,469 --> 00:08:35,470
would any other thing hi my name is

159
00:08:40,250 --> 00:08:38,479
Marie Robinson for a junior high school

160
00:08:48,920 --> 00:08:40,260
and miss cousin in Surrey

161
00:08:51,800 --> 00:08:48,930
the room all right so there is a chance

162
00:08:53,990 --> 00:08:51,810
that my mom up in Maryland is watching

163
00:08:56,000 --> 00:08:54,000

this so I really should say no

164
00:08:58,430 --> 00:08:56,010
absolutely not it would never happened

165
00:09:01,130 --> 00:08:58,440
but the truth is actually we get hit all

166
00:09:03,290 --> 00:09:01,140
the time and it's always by very very

167
00:09:06,380 --> 00:09:03,300
very tiny particles that we can't even

168
00:09:07,730 --> 00:09:06,390
see and but we actually had a window get

169
00:09:09,650 --> 00:09:07,740
hit the other day and we noticed that

170
00:09:12,200 --> 00:09:09,660
but it just made a little tiny just like

171
00:09:13,760 --> 00:09:12,210
a little rock hitting a car window so it

172
00:09:15,170 --> 00:09:13,770
does happen and there's little marks all

173
00:09:18,590 --> 00:09:15,180
over the space station if you look

174
00:09:20,600 --> 00:09:18,600
really really close but so far it's just

175
00:09:39,890 --> 00:09:20,610
been tiny particles and absolutely no

176
00:09:41,450 --> 00:09:39,900
threat to us mom oh the most beautiful

177
00:09:43,070 --> 00:09:41,460
thing that's a tough one of course it's

178
00:09:44,780 --> 00:09:43,080
earth looking back at Earth in my

179
00:09:46,100 --> 00:09:44,790
opinion and then now what's the most

180
00:09:47,840 --> 00:09:46,110
beautiful thing about looking back at

181
00:09:49,880 --> 00:09:47,850
Earth there's so many things but

182
00:09:51,800 --> 00:09:49,890
probably I like a sunset and with a

183
00:09:58,330 --> 00:09:51,810
little bit of Aurora mixed in let that I

184
00:10:02,570 --> 00:10:00,950
hi my name is Katie hen's egg from

185
00:10:04,850 --> 00:10:02,580
Nicholson elementary school and this

186
00:10:06,380 --> 00:10:04,860
question is to read well we was right on

187
00:10:11,570 --> 00:10:06,390
the first time you went to say

188
00:10:14,300 --> 00:10:11,580

I already said my mom might be watching

189
00:10:16,730 --> 00:10:14,310
this yeah but the the first thing that I

190
00:10:20,600 --> 00:10:16,740
was ever scared of was just after we got

191
00:10:22,430 --> 00:10:20,610
into orbit in our space capsule one of

192
00:10:24,560 --> 00:10:22,440
my crewmates saw that our pressure

193
00:10:26,750 --> 00:10:24,570
inside the capsule was falling very very

194
00:10:29,000 --> 00:10:26,760
quickly and I got to tell you my heart

195
00:10:31,280 --> 00:10:29,010
started going crazy and I thought our

196
00:10:33,680 --> 00:10:31,290
atmosphere was depleting inside of our

197
00:10:36,020 --> 00:10:33,690
spacecraft but in reality all it was was

198
00:10:37,460 --> 00:10:36,030
the Sun was coming up and it was warming

199
00:10:38,780 --> 00:10:37,470
up and it was it was warming our

200
00:10:40,610 --> 00:10:38,790
spaceship up but it was changing the

201
00:10:42,260 --> 00:10:40,620
pressure inside and that was all that

202
00:10:44,270 --> 00:10:42,270
was causing it so after about a minute

203
00:10:46,370 --> 00:10:44,280
it stabilized out and it was smooth

204
00:10:47,840 --> 00:10:46,380
sailing from that on so sure from time

205
00:10:49,370 --> 00:10:47,850
to time we get scared but for the most

206
00:10:50,870 --> 00:10:49,380
part we have great training and that's

207
00:11:14,900 --> 00:10:50,880
what we fall back on and everything has

208
00:11:18,360 --> 00:11:16,830
there are lots of good science

209
00:11:20,850 --> 00:11:18,370
experiments up here but I think my

210
00:11:23,400 --> 00:11:20,860
favorite is spheres I have one right

211
00:11:25,380 --> 00:11:23,410
here and the idea I like this so much

212
00:11:27,180 --> 00:11:25,390
one I like it because we can control it

213
00:11:29,190 --> 00:11:27,190

moves around station it's got little

214
00:11:31,260 --> 00:11:29,200
jets that can fly around station which i

215
00:11:33,300 --> 00:11:31,270
think is really cool and the other part

216
00:11:35,810 --> 00:11:33,310
about it is we did an experiment where

217
00:11:38,310 --> 00:11:35,820
the students just like you guys got to

218
00:11:40,080 --> 00:11:38,320
program the software to control this and

219
00:11:41,940 --> 00:11:40,090
there was a competition and see who

220
00:11:43,500 --> 00:11:41,950
could do that the best and we got to

221
00:11:52,110 --> 00:11:43,510
work on that and I really enjoyed that I

222
00:11:54,270 --> 00:11:52,120
thought that was fantastic hi my name is

223
00:11:56,430 --> 00:11:54,280
whitney taylor from monmouth medical and

224
00:12:04,680 --> 00:11:56,440
this question trade what if they look

225
00:12:07,710 --> 00:12:04,690
like that's an easy one it depends if

226
00:12:10,620 --> 00:12:07,720
the Sun has just gone down the stars

227
00:12:12,960 --> 00:12:10,630
just start to come out and really night

228
00:12:15,450 --> 00:12:12,970
night night time is amazing so you can

229
00:12:17,040 --> 00:12:15,460
see just thousands of stars they don't

230
00:12:18,840 --> 00:12:17,050
twinkle like they do on earth they are

231
00:12:20,880 --> 00:12:18,850
just tiny pinpricks of light all over it

232
00:12:22,650 --> 00:12:20,890
doesn't even look real but then when the

233
00:12:25,470 --> 00:12:22,660
Sun comes up that's kind of my favorite

234
00:12:27,600 --> 00:12:25,480
because space is completely black and

235
00:12:31,290 --> 00:12:27,610
then you see the blue of the earth and

236
00:12:33,600 --> 00:12:31,300
the curve of the atmosphere out there

237
00:12:41,280 --> 00:12:33,610
and it's absolutely spectacular up

238
00:12:43,320 --> 00:12:41,290

against that blackness of space hi my

239
00:12:45,540 --> 00:12:43,330
name is Caruso from Berea junior high

240
00:12:48,160 --> 00:12:45,550
school and this question is for Steve

241
00:12:49,750 --> 00:12:48,170
how long do you have to be in space

242
00:12:56,230 --> 00:12:49,760
before you start to suffer from calcium

243
00:12:58,780 --> 00:12:56,240
depletion let's hear a question I really

244
00:13:01,360 --> 00:12:58,790
don't know the exact answer on that I

245
00:13:03,730 --> 00:13:01,370
know we did a shuttle mission which was

246
00:13:05,710 --> 00:13:03,740
a did two of those are both for about

247
00:13:07,660 --> 00:13:05,720
two weeks long and I don't think I

248
00:13:09,280 --> 00:13:07,670
suffered much calcium depletion at that

249
00:13:11,230 --> 00:13:09,290
time so I have to guess it was longer

250
00:13:13,660 --> 00:13:11,240
than that however up why we're up here

251
00:13:16,509 --> 00:13:13,670
when I say we work out and that really

252
00:13:19,540 --> 00:13:16,519
helps our bones from losing calcium or

253
00:13:21,490 --> 00:13:19,550
any kind of structure or mass up here

254
00:13:24,400 --> 00:13:21,500
and so I'm hoping that we don't really

255
00:13:25,750 --> 00:13:24,410
have much of that going on but I really

256
00:13:33,699 --> 00:13:25,760
don't know the exact detail when that

257
00:13:49,509 --> 00:13:33,709
would occur if we weren't working out hi

258
00:13:52,569 --> 00:13:49,519
my name is so basically our space food I

259
00:13:55,120 --> 00:13:52,579
have a little here with me in the end

260
00:13:57,460 --> 00:13:55,130
the end product is it's a lot like what

261
00:13:59,189 --> 00:13:57,470
you eat on earth but when it starts it's

262
00:14:01,300 --> 00:13:59,199
not at all so I have in my hand

263
00:14:04,449 --> 00:14:01,310

dehydrated green beans with mushrooms

264
00:14:07,210 --> 00:14:04,459
I'll pass those on to Steve this is a

265
00:14:10,000 --> 00:14:07,220
shell stabilized bag of minestrone soup

266
00:14:12,819 --> 00:14:10,010
which feels very squishy but in the end

267
00:14:14,250 --> 00:14:12,829
is actually quite delicious and then one

268
00:14:18,160 --> 00:14:14,260
of the crew favorites here i have a

269
00:14:19,720 --> 00:14:18,170
canned omelette with chicken and so this

270
00:14:21,880 --> 00:14:19,730
is breakfast and dinner right here in

271
00:14:24,910 --> 00:14:21,890
this can and this is made in Russia but

272
00:14:26,620 --> 00:14:24,920
it's very delicious so our food is a lot

273
00:14:28,480 --> 00:14:26,630
like which eat on the ground the

274
00:14:30,130 --> 00:14:28,490
difference is we have to keep it for a

275
00:14:32,019 --> 00:14:30,140
long time this this soup was probably

276
00:14:33,970 --> 00:14:32,029
made four or five years ago i'm guessing

277
00:14:36,009 --> 00:14:33,980
but it's still absolutely fresh once we

278
00:14:42,939 --> 00:14:36,019
open that package so pretty pretty good

279
00:14:45,309 --> 00:14:42,949
technology for us up here hi my name is

280
00:14:48,509 --> 00:14:45,319
Damon Johnson from Mickelson elementary

281
00:14:51,819 --> 00:14:48,519
school with questions for speed

282
00:14:53,859 --> 00:14:51,829
experiments cone ISS which being filled

283
00:15:00,689 --> 00:14:53,869
will have the most impact to life on

284
00:15:02,769 --> 00:15:00,699
earth that is a difficult question wow

285
00:15:04,869 --> 00:15:02,779
I'm there are many good scientific

286
00:15:07,090 --> 00:15:04,879
experiments up here but I guess for me i

287
00:15:09,400 --> 00:15:07,100
think the Alpha Magnetic Spectrometer

288
00:15:12,009 --> 00:15:09,410

could have the most impact on life on

289
00:15:13,989 --> 00:15:12,019
Earth and I just think that because it's

290
00:15:15,939 --> 00:15:13,999
trying to understand the basic concepts

291
00:15:17,769 --> 00:15:15,949
of what the universe is and I think we

292
00:15:19,569 --> 00:15:17,779
don't know that really yet and so if we

293
00:15:21,309 --> 00:15:19,579
can use that to help us understand that

294
00:15:23,650 --> 00:15:21,319
and then it will actually progress down

295
00:15:25,569 --> 00:15:23,660
into all the things we do as physics

296
00:15:26,919 --> 00:15:25,579
always does and so for me that is

297
00:15:28,389 --> 00:15:26,929
probably the most important thing we

298
00:15:40,569 --> 00:15:28,399
could actually get out of this whole

299
00:15:43,600 --> 00:15:40,579
thing this question for red how do you

300
00:15:54,059 --> 00:15:43,610
measure my writing space and health and

301
00:16:00,819 --> 00:15:59,259
so basically to measure our weight since

302
00:16:02,379 --> 00:16:00,829
we're since we're floating around up

303
00:16:04,329 --> 00:16:02,389
here we can't just step on a scale so we

304
00:16:05,919 --> 00:16:04,339
have to measure our mass and there's

305
00:16:08,979 --> 00:16:05,929
really two systems that we have up here

306
00:16:11,469 --> 00:16:08,989
that do that and one is just a simple

307
00:16:13,179 --> 00:16:11,479
spring and you get on this spring with a

308
00:16:15,099 --> 00:16:13,189
seat on it and it actually just bounces

309
00:16:17,469 --> 00:16:15,109
you up and down and then a computer

310
00:16:19,209 --> 00:16:17,479
measures your mass from that and it's

311
00:16:21,099 --> 00:16:19,219
pretty accurate so I've been amazed

312
00:16:23,199 --> 00:16:21,109
every time I go on there my my mass is

313
00:16:25,629 --> 00:16:23,209

almost identical and then we also have a

314
00:16:27,699 --> 00:16:25,639
slightly newer system which just uses a

315
00:16:29,229 --> 00:16:27,709
known force to pull your body in and the

316
00:16:32,349 --> 00:16:29,239
resistance that it gets off of that is

317
00:16:35,289 --> 00:16:32,359
is in turn your mass using acceleration

318
00:16:37,929 --> 00:16:35,299
so those are the two systems and they're

319
00:16:39,669 --> 00:16:37,939
actually both very fun to ride and we do

320
00:16:42,309 --> 00:16:39,679
it about once a month on each system so

321
00:16:45,419 --> 00:16:42,319
twice a month in total and how important

322
00:16:47,919 --> 00:16:45,429
is all of our health for being up here

323
00:16:49,689 --> 00:16:47,929
extremely important especially for bone

324
00:16:51,309 --> 00:16:49,699
loss we got to work out all the time we

325
00:16:52,869 --> 00:16:51,319
got to maintain our weight if the

326
00:16:54,699 --> 00:16:52,879
doctors look at our weight all the time

327
00:16:56,049 --> 00:16:54,709
and if it starts to go down there

328
00:16:58,269 --> 00:16:56,059
yelling at you real quick to eat more

329
00:17:00,009 --> 00:16:58,279
make sure you're not losing muscle not

330
00:17:01,749 --> 00:17:00,019
losing bone density so absolutely

331
00:17:15,270 --> 00:17:01,759
critical for us to know our mass and to

332
00:17:30,540 --> 00:17:15,280
keep our health and check up here kids

333
00:17:38,050 --> 00:17:34,180
station this is Houston ACR thank you

334
00:17:40,090 --> 00:17:38,060
that concludes the event thank u

335
00:17:41,680 --> 00:17:40,100
infinity science center station we are