



PORT

NOD2

STS



1
00:00:05,030 --> 00:00:02,310
and thank you ms obama for the gimme

2
00:00:06,869 --> 00:00:05,040
five challenge just like on earth

3
00:00:08,790 --> 00:00:06,879
exercise is an important part of the

4
00:00:10,870 --> 00:00:08,800
daily routine for astronauts aboard the

5
00:00:13,350 --> 00:00:10,880
international space station living in

6
00:00:15,509 --> 00:00:13,360
space can weaken bones and muscles so we

7
00:00:16,790 --> 00:00:15,519
exercise for two hours every single day

8
00:00:18,390 --> 00:00:16,800
to stay strong

9
00:00:20,710 --> 00:00:18,400
we are delighted to accept your