



1
00:00:06,389 --> 00:00:02,629
station this is houston are you ready

2
00:00:06,399 --> 00:00:09,910
we are ready for the event

3
00:00:28,150 --> 00:00:13,110
wgn tv this is mission control houston

4
00:00:34,229 --> 00:00:30,070
hi this is wg in chicago can we get a

5
00:00:37,350 --> 00:00:35,510
we read you loud and clear how do you

6
00:00:40,470 --> 00:00:37,360
hear us

7
00:00:42,229 --> 00:00:40,480
i don't have to but i will i will

8
00:00:45,830 --> 00:00:42,239
you gotta talk about this movie because

9
00:00:48,069 --> 00:00:45,840
it's it's autobiographical right

10
00:00:50,470 --> 00:00:48,079
hi this is wg in chicago can we get a

11
00:00:53,110 --> 00:00:50,480
quick white mic check please

12
00:00:57,270 --> 00:00:54,389
we read you loud and clear how do you

13
00:01:01,029 --> 00:00:59,750

but all of the inspiration for the film

14

00:01:02,310 --> 00:01:01,039

great we're good with your mic check

15

00:01:03,990 --> 00:01:02,320

we'll be with you in about a minute and

16

00:01:05,189 --> 00:01:04,000

a half and you'll be speaking to

17

00:02:08,710 --> 00:01:05,199

demetrius

18

00:02:12,470 --> 00:02:10,630

or be on the good guy side which is

19

00:02:13,830 --> 00:02:12,480

right here before we let you go you said

20

00:02:15,510 --> 00:02:13,840

something before we went on the air

21

00:02:16,869 --> 00:02:15,520

something about after you kicked your

22

00:02:44,470 --> 00:02:16,879

addiction

23

00:02:48,070 --> 00:02:46,790

one two three oh this kind of way yes i

24

00:02:51,270 --> 00:02:48,080

want to be on the friday dance thanks

25

00:02:55,670 --> 00:02:53,270

745 gene fiscal film center hey

26

00:02:57,670 --> 00:02:55,680

demetrius hey and the international

27

00:02:59,830 --> 00:02:57,680

space station is hovering thousands of

28

00:03:02,390 --> 00:02:59,840

miles above the earth now two astronauts

29

00:03:04,949 --> 00:03:02,400

on board terry burts and scott kelly are

30

00:03:06,869 --> 00:03:04,959

joining us live to talk about the iss

31

00:03:10,949 --> 00:03:06,879

and how life is there station this is

32

00:03:16,229 --> 00:03:12,630

we've got you loud and clear demetrius

33

00:03:19,990 --> 00:03:18,309

i hear you loud and clear also now uh

34

00:03:21,270 --> 00:03:20,000

good morning from chicago first off i

35

00:03:23,270 --> 00:03:21,280

just need to know need to put it out

36

00:03:24,470 --> 00:03:23,280

there have you guys seen this show

37

00:03:26,390 --> 00:03:24,480

because it's hard to believe that

38

00:03:28,390 --> 00:03:26,400

someone at nasa would approve this talk

39

00:03:32,390 --> 00:03:28,400

back if they've ever watched wgn morning

40

00:03:35,670 --> 00:03:33,990

i actually neither one of us have ever

41

00:03:37,270 --> 00:03:35,680

seen that show uh we did just see

42

00:03:38,789 --> 00:03:37,280

chicago a few minutes ago we just flew

43

00:03:41,430 --> 00:03:38,799

over top of chicago but we haven't seen

44

00:03:45,190 --> 00:03:43,430

oh thank goodness okay first off we want

45

00:03:46,869 --> 00:03:45,200

to know a lot about what life is like

46

00:03:48,710 --> 00:03:46,879

aboard the international space station

47

00:03:50,390 --> 00:03:48,720

can you tell us where you are

48

00:03:56,229 --> 00:03:50,400

in the space station and just what your

49

00:04:00,710 --> 00:03:58,550

yeah so we're currently in what's called

50

00:04:03,030 --> 00:04:00,720

the japanese pressurized module the

51
00:04:04,470 --> 00:04:03,040
reason we do these events from here is

52
00:04:06,309 --> 00:04:04,480
it's kind of on the forward part of the

53
00:04:07,750 --> 00:04:06,319
space station and a little bit out of

54
00:04:09,750 --> 00:04:07,760
the way of where all the other crew

55
00:04:11,670 --> 00:04:09,760
members might be transiting through as

56
00:04:13,750 --> 00:04:11,680
they do their daily work

57
00:04:14,470 --> 00:04:13,760
so far my day has been filled mostly

58
00:04:17,270 --> 00:04:14,480
with

59
00:04:18,789 --> 00:04:17,280
some science activities that have to do

60
00:04:21,590 --> 00:04:18,799
with

61
00:04:23,830 --> 00:04:21,600
the uh the fluid shifts in our that

62
00:04:26,070 --> 00:04:23,840
occur in our brains as a result of being

63
00:04:26,870 --> 00:04:26,080

in microgravity in our bodies

64

00:04:29,110 --> 00:04:26,880

and

65

00:04:30,550 --> 00:04:29,120

how to potentially figure out if that's

66

00:04:33,270 --> 00:04:30,560

a cause

67

00:04:35,270 --> 00:04:33,280

of our vision problems so we're taking a

68

00:04:35,909 --> 00:04:35,280

a bunch of samples today putting them in

69

00:04:39,189 --> 00:04:35,919

a

70

00:04:40,310 --> 00:04:39,199

in the jpm

71

00:04:43,990 --> 00:04:40,320

and

72

00:04:46,150 --> 00:04:44,000

i don't know what terry was doing we we

73

00:04:47,830 --> 00:04:46,160

kind of stay busy and sometimes are

74

00:04:52,870 --> 00:04:47,840

doing these things uh

75

00:04:55,830 --> 00:04:54,710

and scott uh you're involved with the

76

00:04:57,830 --> 00:04:55,840

mission that's going to keep you in

77

00:05:00,469 --> 00:04:57,840

space for a year and we're also going to

78

00:05:01,909 --> 00:05:00,479

study your twin mark while uh while

79

00:05:03,430 --> 00:05:01,919

you're up there can you tell us how

80

00:05:05,029 --> 00:05:03,440

that's going so far you said that you

81

00:05:09,430 --> 00:05:05,039

have to take a give a lot of samples

82

00:05:13,590 --> 00:05:11,909

but we don't do that every day there's a

83

00:05:15,430 --> 00:05:13,600

whole lot of other different types of

84

00:05:17,670 --> 00:05:15,440

science that go on here some of it is

85

00:05:21,029 --> 00:05:17,680

exploration based you know how do we get

86

00:05:23,749 --> 00:05:21,039

further from the planet uh someday

87

00:05:25,990 --> 00:05:23,759

other science is kind of more earth

88

00:05:27,990 --> 00:05:26,000

looking how to improve life on earth we

89

00:05:29,830 --> 00:05:28,000

say you know we're here off the earth

90

00:05:32,629 --> 00:05:29,840

for the earth and the stuff with my

91

00:05:35,590 --> 00:05:32,639

brother is a you know a small subset of

92

00:05:37,350 --> 00:05:35,600

some of that mostly in regards to the

93

00:05:39,590 --> 00:05:37,360

effects of the space environment on our

94

00:05:41,670 --> 00:05:39,600

genetics so like you said it does

95

00:05:43,590 --> 00:05:41,680

involve taking a lot of samples and

96

00:05:47,830 --> 00:05:43,600

we've actually started that activity and

97

00:05:51,110 --> 00:05:49,270

we've kind of looked into your work

98

00:05:53,590 --> 00:05:51,120

schedule and you guys really have long

99

00:05:55,510 --> 00:05:53,600

days so much work so much so many

100

00:05:57,430 --> 00:05:55,520

experiments so many day-to-day things to

101
00:06:01,990 --> 00:05:57,440
do what do you do for fun when you're up

102
00:06:05,670 --> 00:06:03,990
exactly scott's demonstrating one of the

103
00:06:07,830 --> 00:06:05,680
things we get to do yes

104
00:06:09,670 --> 00:06:07,840
another thing that we get to do is take

105
00:06:11,670 --> 00:06:09,680
pictures of the earth and the and the

106
00:06:13,270 --> 00:06:11,680
universe which is one of my favorite

107
00:06:15,029 --> 00:06:13,280
activities whenever i get a few minutes

108
00:06:16,309 --> 00:06:15,039
i try and find a window and

109
00:06:18,150 --> 00:06:16,319
and take a picture of something

110
00:06:19,749 --> 00:06:18,160
interesting

111
00:06:21,590 --> 00:06:19,759
we've sometimes we'll watch a movie

112
00:06:22,790 --> 00:06:21,600
together on saturday nights

113
00:06:24,469 --> 00:06:22,800

we have a

114

00:06:25,909 --> 00:06:24,479

telephone system that is occasionally

115

00:06:28,150 --> 00:06:25,919

available we can call home to friends

116

00:06:29,590 --> 00:06:28,160

and family and so um there's not a lot

117

00:06:31,350 --> 00:06:29,600

of free time like you mentioned but when

118

00:06:34,070 --> 00:06:31,360

we do have it there's there's plenty to

119

00:06:35,990 --> 00:06:34,080

do

120

00:06:38,469 --> 00:06:36,000

well terry we're showing some of your

121

00:06:39,990 --> 00:06:38,479

just uh phenomenal vines and tweets and

122

00:06:41,909 --> 00:06:40,000

things like that i mean you are really

123

00:06:44,070 --> 00:06:41,919

becoming really popular with what you

124

00:06:45,830 --> 00:06:44,080

call earth art tell us what it's like to

125

00:06:47,990 --> 00:06:45,840

have the earth kind of outside your

126

00:06:49,830 --> 00:06:48,000

office window and what it's like to just

127

00:06:54,150 --> 00:06:49,840

kind of start to share this with folks

128

00:06:56,790 --> 00:06:55,670

you know i wish i could describe it with

129

00:06:59,110 --> 00:06:56,800

words but

130

00:07:01,189 --> 00:06:59,120

i just can't and so the the photography

131

00:07:02,550 --> 00:07:01,199

does a much better job than any words

132

00:07:04,629 --> 00:07:02,560

that i could add it's like trying to

133

00:07:05,830 --> 00:07:04,639

describe creation with words is just

134

00:07:07,670 --> 00:07:05,840

inadequate

135

00:07:08,870 --> 00:07:07,680

the uh thing that really sticks out to

136

00:07:10,629 --> 00:07:08,880

me though

137

00:07:12,550 --> 00:07:10,639

that even photography can't capture is

138

00:07:14,469 --> 00:07:12,560

the colors that you see especially

139

00:07:16,070 --> 00:07:14,479

during the spacewalk and even

140

00:07:17,749 --> 00:07:16,080

occasionally looking out the window i've

141

00:07:18,870 --> 00:07:17,759

just seen colors that i've never seen

142

00:07:21,350 --> 00:07:18,880

before

143

00:07:24,070 --> 00:07:21,360

and especially shades of blue

144

00:07:26,309 --> 00:07:24,080

and so it's it's fabulous the earth is

145

00:07:28,309 --> 00:07:26,319

very unique seeing sunrises and sunsets

146

00:07:30,710 --> 00:07:28,319

is unique looking out and seeing the

147

00:07:32,150 --> 00:07:30,720

galaxy go by um

148

00:07:33,510 --> 00:07:32,160

planets you know every there's so many

149

00:07:34,790 --> 00:07:33,520

different things you can see i could

150

00:07:37,830 --> 00:07:34,800

take an hour just talking about all

151
00:07:41,110 --> 00:07:39,350
and scott our producer did some digging

152
00:07:43,749 --> 00:07:41,120
they found out that you actually watched

153
00:07:45,990 --> 00:07:43,759
the movie gravity while they're on the

154
00:07:47,990 --> 00:07:46,000
international space station we have a

155
00:07:50,390 --> 00:07:48,000
resident conspiracy theorist his name is

156
00:07:52,150 --> 00:07:50,400
larry here he let us know that there's a

157
00:07:53,990 --> 00:07:52,160
laser that causes all types of trouble

158
00:07:55,749 --> 00:07:54,000
in that movie and now there's talk about

159
00:07:57,909 --> 00:07:55,759
putting a laser on the international

160
00:08:04,629 --> 00:07:57,919
space station to just kind of shoot away

161
00:08:08,070 --> 00:08:06,230
you know i had never heard of that

162
00:08:10,230 --> 00:08:08,080
before but you know we have an internet

163
00:08:11,110 --> 00:08:10,240

connection and last night i woke up and

164

00:08:13,430 --> 00:08:11,120

i was

165

00:08:15,749 --> 00:08:13,440

on it for a little bit on a news site

166

00:08:17,589 --> 00:08:15,759

and i saw something about it and then it

167

00:08:19,270 --> 00:08:17,599

kind of our

168

00:08:20,710 --> 00:08:19,280

internet connection froze up or

169

00:08:23,110 --> 00:08:20,720

something and i woke up in the morning

170

00:08:24,790 --> 00:08:23,120

i'm like did i really see that so

171

00:08:26,629 --> 00:08:24,800

i've never even heard of it really

172

00:08:28,950 --> 00:08:26,639

before last night and you mentioning it

173

00:08:31,110 --> 00:08:28,960

but but and it would be pretty cool if

174

00:08:33,110 --> 00:08:31,120

we could do that you know sometimes we

175

00:08:34,230 --> 00:08:33,120

have to move the space station out of

176
00:08:36,070 --> 00:08:34,240
the way

177
00:08:37,909 --> 00:08:36,080
of uh debris i need to learn a little

178
00:08:41,750 --> 00:08:37,919
bit more about it does sound a little

179
00:08:43,430 --> 00:08:41,760
bit science fiction like

180
00:08:46,550 --> 00:08:43,440
if you lost internet connection believe

181
00:08:48,310 --> 00:08:46,560
me you have seen or worked for wgn news

182
00:08:50,150 --> 00:08:48,320
hey tell me about what you guys uh do

183
00:08:51,670 --> 00:08:50,160
for fun around there and also we wanted

184
00:08:53,590 --> 00:08:51,680
to know what do you do when you need to

185
00:08:57,829 --> 00:08:53,600
get away from the co-workers where do

186
00:09:00,790 --> 00:08:59,269
well the good news is we have a great

187
00:09:02,790 --> 00:09:00,800
group of uh people here and it's

188
00:09:04,150 --> 00:09:02,800

actually we enjoy like scott said when

189

00:09:05,509 --> 00:09:04,160

we're working we're kind of on our own

190

00:09:06,870 --> 00:09:05,519

all day long and so it's fun to get

191

00:09:08,550 --> 00:09:06,880

together in the evenings and have dinner

192

00:09:10,470 --> 00:09:08,560

on saturdays watch a movie

193

00:09:11,990 --> 00:09:10,480

but the space station is pretty big it's

194

00:09:15,350 --> 00:09:12,000

about the size of

195

00:09:16,790 --> 00:09:15,360

maybe two 747s it's a big place between

196

00:09:18,790 --> 00:09:16,800

all the american modules the russian

197

00:09:20,310 --> 00:09:18,800

modules we're in the japanese module

198

00:09:21,670 --> 00:09:20,320

right now there's a european module so

199

00:09:22,949 --> 00:09:21,680

there's a lot of volume here that you

200

00:09:23,990 --> 00:09:22,959

can kind of get

201

00:09:25,990 --> 00:09:24,000

um

202

00:09:27,110 --> 00:09:26,000

off and just spend the day by yourself

203

00:09:28,470 --> 00:09:27,120

doing work

204

00:09:31,269 --> 00:09:28,480

but we do enjoy getting together at

205

00:09:33,190 --> 00:09:31,279

night to talk watch watch tv or maybe

206

00:09:35,190 --> 00:09:33,200

maybe they'll send up your show

207

00:09:36,949 --> 00:09:35,200

uh so i want to thank you guys for for

208

00:09:39,030 --> 00:09:36,959

coming on today we want to wish you

209

00:09:40,470 --> 00:09:39,040

godspeed and certainly a very successful

210

00:09:44,550 --> 00:09:40,480

ending to your mission thank you very

211

00:09:53,190 --> 00:09:46,710

thank you and hello chicago and great

212

00:09:57,829 --> 00:09:55,190

station this is houston acr that

213

00:10:00,150 --> 00:09:57,839

concludes the wgn tv portion of the

214

00:10:06,550 --> 00:10:00,160

event please stand by for a voice check

215

00:10:06,560 --> 00:10:25,590

uh

216

00:10:25,600 --> 00:10:52,310

my

217

00:10:58,069 --> 00:10:54,949

station this is bloomberg tv how do you

218

00:10:58,079 --> 00:11:03,590

we've got you loud and clear

219

00:11:10,230 --> 00:11:06,790

let's begin with telling everybody

220

00:11:12,470 --> 00:11:10,240

where are you how many miles above the

221

00:11:15,670 --> 00:11:12,480

earth are you and

222

00:11:19,350 --> 00:11:15,680

what points have you been able to see

223

00:11:23,030 --> 00:11:21,509

well right now we're about 250 miles

224

00:11:24,949 --> 00:11:23,040

above the earth we're right over the

225

00:11:26,310 --> 00:11:24,959

south atlantic in between south america

226

00:11:27,509 --> 00:11:26,320

and africa

227

00:11:29,269 --> 00:11:27,519

and

228

00:11:31,509 --> 00:11:29,279

we just passed over new york city

229

00:11:33,750 --> 00:11:31,519

toronto new york and the east coast

230

00:11:35,750 --> 00:11:33,760

uh about 15 or 20 minutes ago we took a

231

00:11:37,910 --> 00:11:35,760

few pictures it was a little bit cloudy

232

00:11:43,509 --> 00:11:37,920

so we're going at 17 000 miles an hour

233

00:11:48,389 --> 00:11:46,150

scott kelly i'm wondering if you can

234

00:11:50,790 --> 00:11:48,399

show us some of your great physical

235

00:11:54,470 --> 00:11:50,800

dance moves that you've been able to

236

00:11:56,470 --> 00:11:54,480

perfect in zero gravity while terry

237

00:12:00,629 --> 00:11:56,480

tells us about some of the experiments

238

00:12:05,110 --> 00:12:03,030

well i think those that know me

239

00:12:06,310 --> 00:12:05,120

well know that i don't have any dance

240

00:12:08,230 --> 00:12:06,320

moves

241

00:12:11,829 --> 00:12:08,240

i can flip around a little bit for you

242

00:12:13,910 --> 00:12:11,839

and i'll give the mic to terry

243

00:12:15,430 --> 00:12:13,920

yeah the ability to float is uh one of

244

00:12:16,629 --> 00:12:15,440

the one of the coolest parts about being

245

00:12:17,750 --> 00:12:16,639

in space

246

00:12:19,670 --> 00:12:17,760

one of the things we'll miss when we get

247

00:12:21,750 --> 00:12:19,680

back to gravity we do a lot of different

248

00:12:23,750 --> 00:12:21,760

science here pim it's a

249

00:12:25,670 --> 00:12:23,760

it's a world class laboratory there's a

250

00:12:26,710 --> 00:12:25,680

lot of human physiology experiments that

251
00:12:28,230 --> 00:12:26,720
we do

252
00:12:29,430 --> 00:12:28,240
scott and myself and several other

253
00:12:31,590 --> 00:12:29,440
crewmates have been doing a lot of

254
00:12:32,629 --> 00:12:31,600
different eye testing and different

255
00:12:33,990 --> 00:12:32,639
human

256
00:12:36,629 --> 00:12:34,000
samples today

257
00:12:38,550 --> 00:12:36,639
the there's a material science

258
00:12:40,629 --> 00:12:38,560
laboratory that we have

259
00:12:42,870 --> 00:12:40,639
physics basic physics astronomy so

260
00:12:44,310 --> 00:12:42,880
basically every discipline in science

261
00:12:48,150 --> 00:12:44,320
there's some type of experiment that

262
00:12:52,470 --> 00:12:50,629
all right it's time for scott to answer

263
00:12:54,870 --> 00:12:52,480

a question and this would be is there

264

00:12:57,829 --> 00:12:54,880

something specific that you want to

265

00:13:05,110 --> 00:12:57,839

accomplish during your time

266

00:13:09,990 --> 00:13:06,949

well there are a lot of scientific

267

00:13:11,509 --> 00:13:10,000

objectives to this uh to this flight uh

268

00:13:13,829 --> 00:13:11,519

there are the one-year science

269

00:13:14,629 --> 00:13:13,839

objectives which are many there's this

270

00:13:18,949 --> 00:13:14,639

uh

271

00:13:20,710 --> 00:13:18,959

brother and i there's all other kinds of

272

00:13:23,430 --> 00:13:20,720

research that goes on almost 400

273

00:13:26,949 --> 00:13:23,440

different science scientific experiments

274

00:13:30,389 --> 00:13:26,959

will go on uh for the entire year

275

00:13:32,470 --> 00:13:30,399

um that i'm here but you know and those

276

00:13:34,790 --> 00:13:32,480

are all very very important my my

277

00:13:35,670 --> 00:13:34,800

personal goals however is that we be

278

00:13:38,710 --> 00:13:35,680

safe

279

00:13:40,790 --> 00:13:38,720

no one gets hurt we complete as many of

280

00:13:43,030 --> 00:13:40,800

our mission objectives as we can

281

00:13:46,829 --> 00:13:43,040

and also meet the first two and then we

282

00:13:57,590 --> 00:13:49,750

friends is there anything that drives

283

00:13:57,600 --> 00:14:01,990

nope

284

00:14:02,000 --> 00:14:05,990

terry

285

00:14:09,829 --> 00:14:07,750

no we're very lucky we have a great crew

286

00:14:11,750 --> 00:14:09,839

here and like i was saying earlier we we

287

00:14:13,509 --> 00:14:11,760

have a busy work day usually it's like

288

00:14:14,870 --> 00:14:13,519

seven to eight p seven in the morning to

289

00:14:16,710 --> 00:14:14,880

eight night often

290

00:14:18,150 --> 00:14:16,720

and we're usually on our own doing our

291

00:14:19,590 --> 00:14:18,160

own experiments and work and so in the

292

00:14:21,350 --> 00:14:19,600

evenings we enjoy getting together and

293

00:14:23,110 --> 00:14:21,360

hanging out together so we're very lucky

294

00:14:25,750 --> 00:14:23,120

to have a good group of uh american

295

00:14:27,350 --> 00:14:25,760

italian and russian crewmates

296

00:14:28,550 --> 00:14:27,360

and let me let me just add to that real

297

00:14:37,829 --> 00:14:28,560

quick

298

00:14:45,269 --> 00:14:40,710

branson to check out space as

299

00:14:50,710 --> 00:14:47,990

i think it's great you know this is a a

300

00:14:51,910 --> 00:14:50,720

really remarkable place it's uh it's a

301

00:14:53,990 --> 00:14:51,920

privilege

302

00:14:56,470 --> 00:14:54,000

to uh to be able to come here and

303

00:14:57,990 --> 00:14:56,480

represent your country and my colleagues

304

00:14:59,910 --> 00:14:58,000

you know representing their countries as

305

00:15:01,750 --> 00:14:59,920

well terry and i aren't the only two

306

00:15:03,750 --> 00:15:01,760

americans up here right now so yeah i

307

00:15:05,829 --> 00:15:03,760

think it's a great thing i think uh you

308

00:15:08,069 --> 00:15:05,839

know it's going to take some time but

309

00:15:10,230 --> 00:15:08,079

you know we're very uh serious

310

00:15:12,550 --> 00:15:10,240

industrious talented people and we'll

311

00:15:14,230 --> 00:15:12,560

solve that problem someday and hopefully

312

00:15:16,389 --> 00:15:14,240

in the future maybe not too distant

313

00:15:19,430 --> 00:15:16,399

future people will have the opportunity

314

00:15:21,590 --> 00:15:19,440

to whether go to uh you know uh low

315

00:15:23,509 --> 00:15:21,600

earth orbit hopefully but if not the

316

00:15:25,750 --> 00:15:23,519

suborbital flight and see the earth and

317

00:15:26,550 --> 00:15:25,760

all the all the beauty and the

318

00:15:33,030 --> 00:15:26,560

the

319

00:15:40,870 --> 00:15:35,110

terry how have you managed to stay in

320

00:15:44,389 --> 00:15:42,230

that's one of the most important things

321

00:15:45,990 --> 00:15:44,399

we do here because obviously your

322

00:15:47,910 --> 00:15:46,000

muscles and your bones would waste away

323

00:15:49,829 --> 00:15:47,920

if you didn't exercise so every day they

324

00:15:51,829 --> 00:15:49,839

give us an hour of aerobics either on a

325

00:15:53,350 --> 00:15:51,839

bike or a treadmill and an hour and a

326

00:15:54,470 --> 00:15:53,360

half of weight lifting and i did that

327

00:15:56,230 --> 00:15:54,480

this morning

328

00:15:58,870 --> 00:15:56,240

and you basically do that every day for

329

00:16:00,389 --> 00:15:58,880

six months or a year in scott's case and

330

00:16:02,310 --> 00:16:00,399

you stay in pretty good shape the folks

331

00:16:03,590 --> 00:16:02,320

that come back after these long duration

332

00:16:05,030 --> 00:16:03,600

space missions

333

00:16:09,350 --> 00:16:05,040

are in remarkable shape when they get

334

00:16:13,910 --> 00:16:10,870

scott

335

00:16:15,910 --> 00:16:13,920

what about being able to monitor your

336

00:16:18,949 --> 00:16:15,920

own health while you're there in the

337

00:16:22,150 --> 00:16:18,959

space station do you use any of those

338

00:16:28,710 --> 00:16:22,160

consumer devices like a fitbit or any

339

00:16:33,509 --> 00:16:30,629

well you know when we do the uh the

340

00:16:35,670 --> 00:16:33,519

aerobic exercises we have a heart rate

341

00:16:37,189 --> 00:16:35,680

monitor but it's nothing you know

342

00:16:39,670 --> 00:16:37,199

state-of-the-art

343

00:16:41,430 --> 00:16:39,680

uh i'm sure there's some off-the-shelf

344

00:16:42,710 --> 00:16:41,440

stuff that is a little bit more advanced

345

00:16:44,550 --> 00:16:42,720

than we're what using the what we're

346

00:16:46,310 --> 00:16:44,560

using up here but it takes a long time

347

00:16:48,230 --> 00:16:46,320

to certify stuff for space flight and

348

00:16:50,230 --> 00:16:48,240

it's very expensive so if we have

349

00:16:51,590 --> 00:16:50,240

something that works we tend to stick

350

00:16:53,590 --> 00:16:51,600

with it

351
00:16:55,590 --> 00:16:53,600
and we also have a great team of people

352
00:16:57,829 --> 00:16:55,600
on the ground whether it's our flight

353
00:17:00,790 --> 00:16:57,839
surgeons or exercise

354
00:17:04,549 --> 00:17:00,800
specialists the biomedical engineers so

355
00:17:06,549 --> 00:17:04,559
you know unlike maybe people on earth

356
00:17:12,949 --> 00:17:06,559
you know we have a whole team that backs

357
00:17:16,710 --> 00:17:14,309
terry i wonder if you could speak a

358
00:17:21,909 --> 00:17:16,720
little bit about your sleep patterns and

359
00:17:24,870 --> 00:17:23,669
you know sleeping in space is wonderful

360
00:17:26,150 --> 00:17:24,880
it's one of my favorite things about

361
00:17:27,990 --> 00:17:26,160
being up here

362
00:17:29,669 --> 00:17:28,000
i have a sleeping bag climb in the

363
00:17:31,270 --> 00:17:29,679

sleeping bag and i don't velcro it to

364

00:17:33,350 --> 00:17:31,280

the wall or tie it off or anything i

365

00:17:34,310 --> 00:17:33,360

just float in this little cabin that we

366

00:17:36,870 --> 00:17:34,320

have each

367

00:17:38,390 --> 00:17:36,880

each of us has his own sleeping cabin

368

00:17:40,070 --> 00:17:38,400

and that's really fun

369

00:17:41,830 --> 00:17:40,080

during the week

370

00:17:43,190 --> 00:17:41,840

i think most folks sleep between six and

371

00:17:44,470 --> 00:17:43,200

seven hours a night and then on the

372

00:17:49,590 --> 00:17:44,480

weekend

373

00:17:50,789 --> 00:17:49,600

that i can sleep in that that lets me

374

00:17:52,070 --> 00:17:50,799

catch up

375

00:17:56,870 --> 00:17:52,080

but the sleeping is one of the best

376

00:18:00,549 --> 00:17:58,390

and what about eating what's your

377

00:18:03,590 --> 00:18:00,559

favorite food what's a typical intake

378

00:18:06,789 --> 00:18:04,710

so

379

00:18:09,029 --> 00:18:06,799

the food here is is pretty good we have

380

00:18:11,190 --> 00:18:09,039

a team in houston that makes us food

381

00:18:13,430 --> 00:18:11,200

we've got meats and vegetables side

382

00:18:15,430 --> 00:18:13,440

dishes and desserts and fruits

383

00:18:17,029 --> 00:18:15,440

not a lot of fresh fruit that comes up

384

00:18:18,549 --> 00:18:17,039

whenever we have a cargo ship they'll

385

00:18:19,830 --> 00:18:18,559

put a few apples oranges or something

386

00:18:21,750 --> 00:18:19,840

like that on there but they don't last

387

00:18:24,070 --> 00:18:21,760

that long so all the food that we have

388

00:18:26,789 --> 00:18:24,080

is either dehydrated food that we have

389

00:18:28,470 --> 00:18:26,799

to add water to or it's in the style

390

00:18:30,870 --> 00:18:28,480

that our military members use and their

391

00:18:32,390 --> 00:18:30,880

mre the green bags of food

392

00:18:33,669 --> 00:18:32,400

but it's a pretty good variety actually

393

00:18:35,590 --> 00:18:33,679

it's much better than what i would be

394

00:18:37,830 --> 00:18:35,600

eating if i were a bachelor having to

395

00:18:39,750 --> 00:18:37,840

cook to my cook for myself

396

00:18:40,870 --> 00:18:39,760

and there there is some variety

397

00:18:42,150 --> 00:18:40,880

of course there's stuff that we miss

398

00:18:43,350 --> 00:18:42,160

about earth and looking forward to

399

00:18:48,310 --> 00:18:43,360

getting some home cooking when i get

400

00:18:54,549 --> 00:18:51,909

scott kelly is there a particular book

401
00:18:56,390 --> 00:18:54,559
that you would recommend people read in

402
00:19:03,990 --> 00:18:56,400
order to get a better understanding of

403
00:19:12,390 --> 00:19:06,710
um not that i'm aware of i don't know

404
00:19:15,990 --> 00:19:14,310
well my favorite books about space are

405
00:19:18,230 --> 00:19:16,000
are the ones about the apollo program

406
00:19:19,430 --> 00:19:18,240
andrew chaiken and uh and others have

407
00:19:21,430 --> 00:19:19,440
written a lot of great books about

408
00:19:23,029 --> 00:19:21,440
apollo

409
00:19:24,470 --> 00:19:23,039
there was a book dragonfly about the

410
00:19:25,830 --> 00:19:24,480
mirror station that describes some of

411
00:19:27,270 --> 00:19:25,840
the challenges that the astronauts and

412
00:19:29,190 --> 00:19:27,280
cosmonauts faced

413
00:19:31,430 --> 00:19:29,200

um

414

00:19:33,029 --> 00:19:31,440

the the book 2001 i read when i was a

415

00:19:34,870 --> 00:19:33,039

teenager and that was that was awesome

416

00:19:36,870 --> 00:19:34,880

it's amazing we actually watched part of

417

00:19:38,549 --> 00:19:36,880

that movie uh recently up here

418

00:19:40,310 --> 00:19:38,559

how many of those things came true even

419

00:19:41,830 --> 00:19:40,320

though that was over 50 years ago that

420

00:19:45,990 --> 00:19:41,840

arthur clark wrote that book so there's

421

00:19:48,310 --> 00:19:47,029

the question is do you want to read

422

00:19:50,070 --> 00:19:48,320

science fiction or do you want to read

423

00:19:55,029 --> 00:19:50,080

the science fact about what it's really

424

00:20:01,990 --> 00:19:57,750

i want to thank you gentlemen very much

425

00:20:06,549 --> 00:20:03,909

thanks great talking to bloomberg and

426

00:20:08,149 --> 00:20:06,559

thanks ben we appreciate it