National Aeronautics and Space Administration in partnership with The President's Council of Physical Fitness and Sports

FIT EXPLORER CHALLENGE

International Space Station Sprinters

LEVEL 7 COMPLETE: 4,300 POINTS

NASA's Exploration Systems Mission Directorate would like to congratulate

Crew Member

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on the completion of this Fit Explorer Challenge level.

This certificate is in recognition of your dedication to learning about space exploration, NASA, and being physically fit.

You have learned to train like an astronaut.

Charles Lloyd, PharmD
Human Research Program Education and Outreach
Program Manager

Melissa Johnson, M.S.
The President's Council on Physical Fitness and Sports
Executive Director

The International Space Station (ISS) is the world's largest orbiting laboratory with 16 countries involved in the program. Research is being done aboard the ISS to find ways to improve life on Earth and to give astronauts the experience of living and working in space so they can learn ways to continue successful space exploration.