

Life in Space.



Learn more about space from the best experts in the universe.

Astronauts, fitness instructors, chefs...Learn from the best, and discover what it takes to be an astronaut. Let's the adventure begin.

Space cadet program 101



Create your space fitness program

Exercise like an astronaut w John Charles & Taylor Green:

https://www.youtube.com/watch?v=n9PGDNkoF0k&feature=emb_title

Get ready for your adventure creating your own space fitness program. Use the knowledge and guidelines from the experts and make your own video getting ready for a space expedition



Be artistic, create your own poster.

Space and physical health with Michael Barrat:

https://www.youtube.com/watch?v=q9phFfdly9U&feature=emb_title

Michael Barrat, NASA astronaut, and doctor will guide us through what happens to your body in space. Represent the most shocking and scientific facts creating a poster.

Space Comic artist

Pick one of the *Sciart exchange's speaker series videos* and create your adventure representing the curiosities of living in space:

<https://www.sciartex.net/space--physical-health.html>



Be creative! Find an artistic way to think and act like an astronaut! Do your research and represent your knowledge about astronauts living in space via a painting, music, video, literature, etc.

Submit your creations to share with us here:

https://contest.sciartexchange.org/XpandYourHorizon-2020-001-design-your-habitat/entry_form/

Useful links

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