

<b>Name of the material</b>	Train like an astronaut!
<b>Target group</b>	9 – 12 and 13 – 15 year olds
<b>The type of the material</b>	A website: information, work instructions
<b>Content of the material</b>	Well-being, space
<b>Description</b>	<i>Mission X: Train Like an Astronaut</i> is an international educational challenge focusing on fitness and nutrition to encourage students to "train like an astronaut". Challenge is produced by many space research centres including ESA (European Space Agency) and NASA (National Aeronautics and Space Administration).
<b>Material</b>	Mission X Train like an astronaut <a href="https://trainlikeanastronaut.org/about">https://trainlikeanastronaut.org/about</a> Exercices can be found from "Mission data" <a href="https://trainlikeanastronaut.org/missiondata">https://trainlikeanastronaut.org/missiondata</a>
<b>Source</b>	trainlikeanastronaut.org <a href="https://trainlikeanastronaut.org/">https://trainlikeanastronaut.org/</a> Retrieved August 5, 2016