

Down To Earth: Mission Stellar Health

Design an Exercise Routine

Imagine you're a community health worker whose job is to promote good health and well-being in your area. Create a fun five-minute exercise routine that can be done inside when it's too hot outside. Assume you will work out in a room that is 12 feet by 12 feet, with some common furniture in place. Use only things you can find around the house as equipment. Research safe exercise ideas and plan a routine to keep your muscles and heart strong. Then, make a short video of your routine or teach it to a friend or family member.

What activities do you plan to include in your routine?

Activity	Description	How long?

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What materials will you need for this routine?

Who is your exercise routine designed for?

Why did you choose these activities?

What health benefits will your routine provide?

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Design a Piece of Exercise Equipment

Design a piece of exercise equipment using the machines on the International Space Station as inspiration, which can be used indoors by elderly community members when the air quality outside is low. It should be lightweight, mobile, and easy to store. You can only use recycled materials and common household items to build your equipment. Build a prototype of your equipment and demonstrate its use.

What materials will you need to build your equipment?

Sketch your equipment. Be sure to label the parts and materials planned. Provide a scale.

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What muscle group is your equipment designed to strengthen?

How will your equipment benefit the user?

How could someone with a limited range of motion or a disability safely use it?

How is your equipment an improvement on what already exists?