

# On International Space Station, It's Not All Work And No Play



**Onboard the International Space Station crew members have many opportunities to relax and play. They have an exercise bike, a treadmill and play an occasional game of zero-gravity soccer.**

(NAPSA)—Living in space is not just all work and no play. Astronauts who live aboard the International Space Station for several months at a time find fun an essential ingredient to the quality of life.

What are some of the fun things astronauts do in space? Normal things like watching movies (*Alien* is a big favorite), playing cards and talking with their families.

One day Astronaut Peggy Whitson, Expedition Five flight engineer, enjoyed watching two Russian crew members trying to play soccer in zero gravity. At one point they did a long volley of passing the ball between themselves bouncing it off their heads. Whitson was having problems holding the camera still, she was laughing so hard.

In one of Peggy Whitson's letters home, she writes, "On the ground there is a group that provides psychological support to us before, during and after the mis-

sion. They are the ones that arrange for us to get news, photos, and movies. We knew that Sergey would be having a birthday on orbit, so they arranged to send up 'happy birthday' banners, kazoos, a singing candle, party hats and cupcakes on the Progress vehicle that arrived in June."

In the same letter, Whitson writes: "You know the saying about everyone putting his or her pants on one leg at a time. It doesn't apply here! In space it's quite easy to put your pants on both legs at a time."

Inside the space station, crew members have numerous windows they can look out. Astronauts often comment on their fascination and awe as they look at the Earth spin beneath them with its multiple shades and textures. Sunsets and sunrises are also very spectacular, occurring every 45 minutes above the Earth's atmosphere.

For more information about life on the International Space Shuttle, visit <http://spaceflight.nasa.gov>.