



FIT EXPLORER CHALLENGE

Skylab Skippers

LEVEL 4 COMPLETE: 2,300 POINTS

NASA's Exploration Systems Mission Directorate would like to congratulate

Crew Member
Shamim Islam

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

Skylab was the first space station the United States launched into orbit. Skylab orbited the Earth 2, 476 times during the years 1973 to 1979. It included a laboratory for studying the effects of microgravity, including how astronauts adapted to extended time in space.