



FIT EXPLORER CHALLENGE

Space Shuttle Shufflers

LEVEL 6 COMPLETE: 3,600 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

The Space Shuttle Program began flying astronauts into low-Earth orbit in 1981. The purpose of the shuttle is to deliver payloads and the crew members into Earth orbit and to dock with satellites and the International Space Station. The space shuttle launches like a rocket, orbits like a spacecraft, and lands like a glider.