“Life Without Gravity” Extended Response

A. The main idea of “Life Without Gravity” is weightlessness has negative effects, but they can be overcome.

B. On page 373, the author describes the negative effects of weightlessness. Negative effects include the heart rerouting blood from your legs to your head making you feel like you have a stuffed up nose. Another negative effect listed on page 374 is muscles getting weak and flabby because of floating around in space. One last negative effect listed on page 374 is the nausea that comes from having an upset stomach. The upset tummy occurs because one’s inner ear is confused and balance is off. All of this can be overcome after about a week. After a week, one’s body will adjust to being weightless. The heart will adjust to weightlessness and the stuffed up nose will go away. The tummy will settle and appetite will return. To keep muscles toned one must remember to exercise while being weightless.