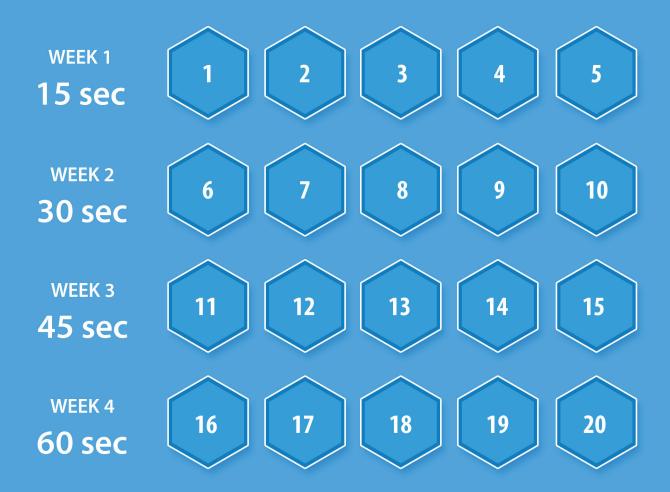


20-DAY COLD SHOWER CHALLENGE



INSTRUCTIONS:

- PRINT & PASTE ON YOUR FRIDGE
- START WITH A WARM SHOWER
- FINISH WITH A COLD SHOWER (SEE SECONDS ABOVE)
- RELAX AND BREATHE SLOWLY
- DO THIS FOR AT LEAST 5 TIMES A WEEK
- CHECK OFF WITH A MARKER OR PENCIL

Share your comments on Facebook, Twitter and YouTube, etc. #WIMHOFMETHOD