

## COLD SHOWERS

In Scott Carney's book, *What doesn't kill us*, he looks at how our increasingly comfortable lives are making us weaker, more prone to illness and disease, and, well, a bunch of pussies.

He prescribes getting uncomfortable, namely by getting cold.

Humans used to be cold all of the time. We didn't have homes with temperature control that are now our refuges on cold nights. We had to brave the weather.

Today, that's almost lost.

Being cold helps our immune system become tougher. It helps *us* become tougher. And one simple thing you can do is to have a cold shower to start your day.

There are other health benefits to cold showers, including sperm health, and testosterone and growth hormone increases.

The challenge: start every day this month with a 5-minute cold shower. It doesn't matter if you have a warm one before or after, just start each day with 5 minutes in the freezing cold (cold all the way up, stop watch on, time yourself).

This is a bit of a longer goal, spanning the entire month, but it's easy to do, you just hop in the shower, turn the cold water on, and start the stop watch.

It doesn't take any real effort. There's no one that *can't do it*. So I suspect that everyone here *will do it*.