

## HOLD YOUR BREATH UNDERWATER

You know I love swimming now, but it wasn't always that way. I used to panic.

If my face got wet, I would freak out. I didn't like water up my nose, curious really when you think of it, considering we are like eighty percent water.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Stay underwater in the pool for 20 seconds.

So, anyway, that's what makes this challenge so near and dear to my heart, because I really couldn't enjoy the water until I conquered my fear.

Here's the challenge. You need to go underwater, I mean really underwater for like, 20 seconds.

The best thing you can do is work up to it with your parents help. Start with maybe 5 seconds, then ten, then fifteen, until you reach 20. And of course, we shouldn't be doing any of this without our parent there to make sure we are safe.

