

TREADING WATER

Can you swim? You should be quite the expert. This session we're going to try a new exercise that could save your life. Imagine you were having boat fun on the lake with some friends and you fall into the water. Foolishly you were not wearing a life jacket and the shore line is way too far away.

Never fear, your friends have seen you. They're coming back for you. It will take the five minutes or so to get to you. All you need to do is tread water for five minutes and all will be well. What is treading water?

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Tread water for five minutes.

- You assume a vertical position in the water.
- You will “pedal” your feet, almost like you’re pedaling a bike.
- You’ll move your hands in a lazy scooping method, not dissimilar to Doggy Paddle. Some people add a sideways swishing movement to their hands.
- Allow your head to be low in the water, that requires less effort. Remember, this is all about preserving strength.
- Finally, keep your lungs as full of air as you can. If you are full of air you naturally float. Play around with this and develop your own treading water style.

