

LIFE MASTERY VIRTUAL

ICE BATH CHALLENGE

SEPTEMBER
2021

GET READY FOR YOUR ICE BATH CHALLENGE

MATERIALS TO PREPARE IN ADVANCE

- Bathtub or inflatable tub (ideally with a drain)
- Water to fill tub
- Ice: A ratio of about 3:1 cold water to ice is about what you'll need to get a target temperature of about 50° F / 10° C. Depending on the size of your tub (a standard tub holds 60-70 gallons or 225-265 litres), six to seven 10lb or 5kg bags of ice should be great.
Tip: Rinse out empty water or juice bottles or other plastic containers and freeze them. Because water expands as it freezes, just don't fill them all the way.
- Bathing suit or sport shorts and shirt
- 1-2 towels
- Robe, sweatshirt, or blanket to wrap yourself in when you're done!

INSTRUCTIONS PRIOR TO START

- 1** **CHANGE INTO YOUR BATHING SUIT.** Grab your other supplies (towels, robe, blanket, etc.)
- 2** **TAKE YOUR LAPTOP, PHONE, OR TABLET INTO THE AREA WHERE YOU'RE GOING TO DO THE CHALLENGE** (bathroom, kitchen, garage).
- 3** **FILL YOUR BATHTUB (UP 3/4 WITH COLD WATER).** The water level should completely cover your legs, waist, and torso. Before you fill your tub with water, make sure it's in a location where you can easily drain the water when finished.
- 4** **HAVE THE ICE BAGS READY TO PUT IN THE TUB** (wait until we tell you to do it!). We will do a demonstration right before you do your ice bath challenge. ***Please do not get into the tub until instructed to do so.***
- 5** **BE READY TO DRY YOURSELF OFF AND HAVE A TOWEL AS WELL AS A ROBE, OR BLANKET READY** so that you can warm up when you're done.

CELEBRATE!

Once you have completed your ice bath, post pictures and / or videos of your experience inside the Life Mastery event private Facebook Group. Use the hashtag:

#ICEBATHCHALLENGE

IMPORTANT — By participating in the ice bath challenge activity during the Life Mastery program, you acknowledge that there are known and unanticipated risks that could result in physical or emotional injury, or damage to yourself, to property, or to third parties, up to and including serious injury and/or death. You also understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity. The information in this handout is to set you up so that you can be instructed during the Life Mastery program on the proper technique for doing an ice bath. This is not for you to practice or try on your own or without professional instruction. You should always consult with your personal health care provider prior to engaging in any new activities in order for you and your health care provider to independently determine if a particular activity is appropriate for you based on your individual health circumstances.