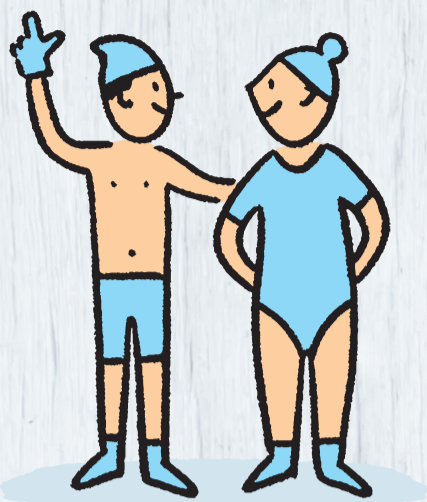


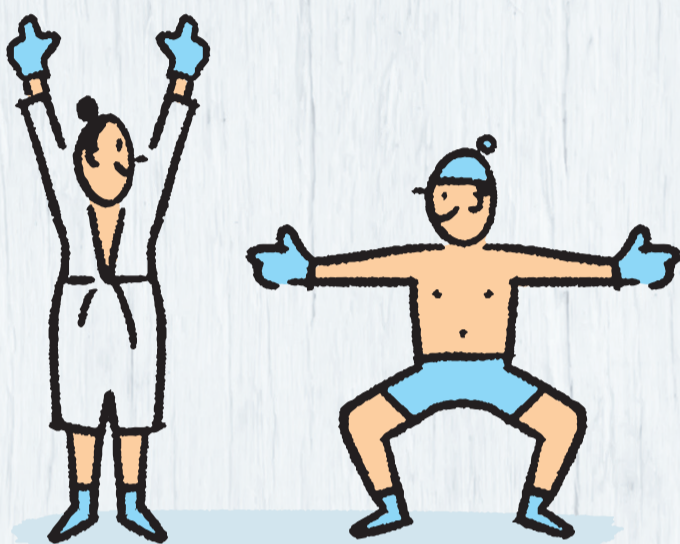
INSTRUCTIONS FOR WINTER SWIMMING



1 Equip yourself with a bathing suit, head-gear, shoes and, if you wish, with gloves. Don't swim alone.



2 Move slowly, as walkways and stairs can be slippery.



3 Warm up properly before entering the water, for example with a short workout. If you go directly from the sauna to the water, allow your body to cool down before swimming.



4 Breathe calmly while entering the water. Cold water might initially cause harmless breathing difficulties.

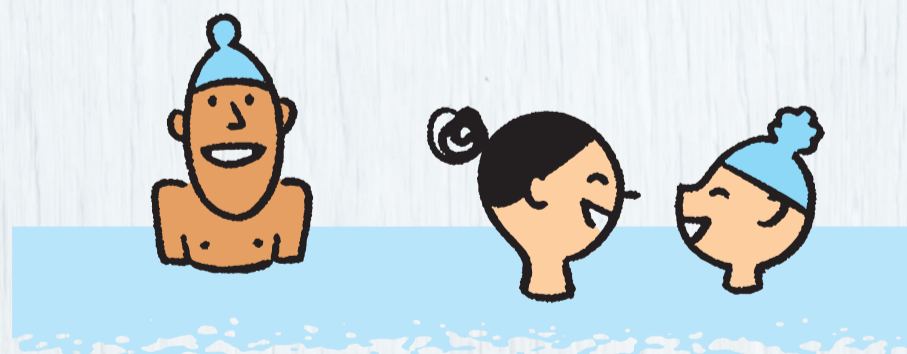


5 Start with short dips and increase the swimming time according to your own feelings. Do not jump in the water and avoid getting your head wet.

6 Take your time to warm up, and drink something warm after the swim.



7 Do not bathe when you are ill or under the influence of alcohol. If you have any doubts about whether winter bathing is right for you, talk to your doctor first.



8 Enjoy the good health effects of winter bathing while listening to your body. Even children can try winter swimming in the company of adults.