

Cold Water, Warm Smiles: #MySundayPhoto

Description

Look, Iâ€™m back for the second #MySundayPhoto post in a row! Exciting, right?

Well, Iâ€™m excited.

Avery and I have been going to our neighborhood pool every day of the week lately. The water is still pretty cold, so we are always the only ones there, but we donâ€™t care one bit. Cold exposure, i.e. cold thermogenesis actually [hosts quite a bit of health benefits](#), so why not share the wealth health with my daughter?

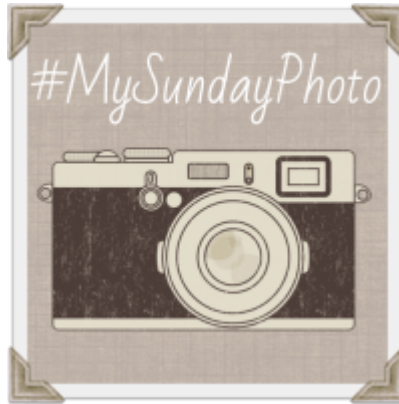
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After 20 to 30 minutes, sheâ€™s shivering but still says she wants to stay in the pool. Thatâ€™s when I say just a few more minutes and then out we go. She doesnâ€™t fight it, and is happy once wrapped in the towel. Iâ€™m loving this time with her and weâ€™re so proud of her swimming by herself, with

floaties, of course.

Big thanks to Darren and his fun #MySundayPhoto linkup. Be sure to check out his blog full of beautiful pics and maybe share your own #MySundayPhoto!



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