

SHOWER LIKE A NAVY OFFICER



**You save time. You save money. You save nature.
And you learn... discipline!**

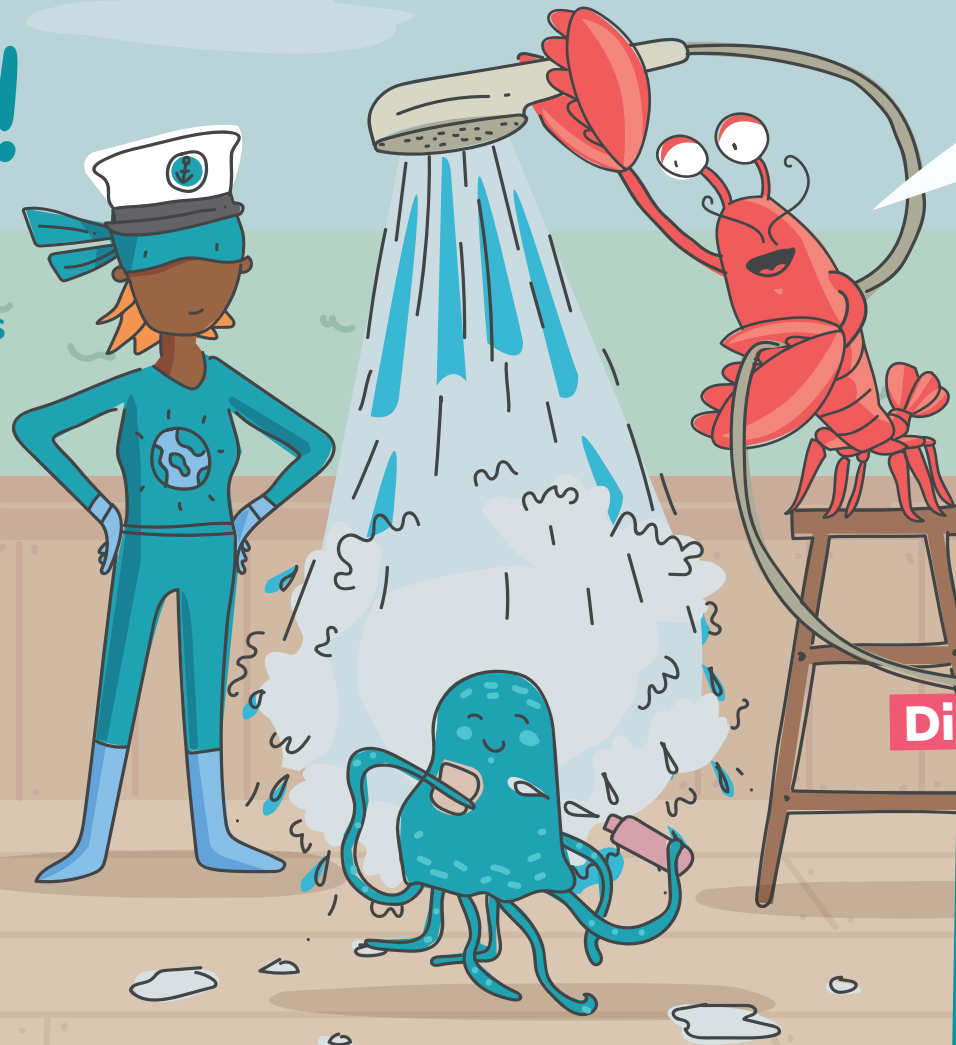
ATTENNTION!

Your total shower time should amount to 2 minutes – no more no less.

- 1 Wet your body & hair (30 seconds) go go go!**
- 2 Turn off, lather and shampoo***
- 3 Rinse! (30 seconds)**

*If you like to condition your tresses, repeat steps 1 and 2 – but make it choppy!

That's it. No dilly-dallying here. You're OUT! Enjoy your day Officer!



Quick-fire Q&A

- Q #1: If a shower uses 12 litres of water per minute, how much water will this method use versus a standard 10 minute shower?**
- Q #2: Time recorder! Give it a go and record your time below in minutes and seconds!**
- Q #3: Record a family members shower time, and let them know how much water they've used - remember it's 12 litres per minute!**

Did you know?

Navy showers started at sea, where supplies of fresh water on ships was limited. Crew members were able to stay clean, while protecting their limited water supply and staying time efficient.

