

Training at the Edge of Comfort

This photograph may seem like a young adult casually swimming in a pool. But, there is more to it. The boy in the image was born with a condition known as spina bifida. The condition manifests in many ways, one of the main ones being – difficulty or inability to sit, stand, or walk.

The child in the picture is a treated case of spina bifida and is training to swim. That's what we call 'Training at the edge of Comfort'.