

www.wimhof-iceman112.com

Wim Hof was born on 20 April 1959 in the Netherlands. He is known as the 'Iceman' due to his astonishing ability to remain unaffected by the extreme cold.

From an early age, Wim loved the cold. He often runs barefoot across freezing snow. Over the years, he has rigorously trained his body, using meditation and exercise to prepare for ice-endurance world record attempts.

How does he do it?

Until recently, Wim's remarkable abilities had left many scientists baffled. However, while testing how his body would react in a tank of ice, the scientists made an amazing discovery. During deep meditation, Wim's brain sent messages to other parts of his body, telling them to stay warm. Experts say this is highly unusual. For any other person, their body temperature would drop dangerously low, resulting in possible death. Despite this, Wim believes that most people can control their body temperature just by concentrating hard.

Wim's world records

Wim has set three different Guinness World Records and broken them several times. One of his most memorable attempts was on 17 November 2011, when he broke the record for the longest time spent in direct, full-body contact with ice. He achieved this by sitting in a tank up to his neck in ice for 1 hour, 52 minutes, 42 seconds. The record attempt was filmed and broadcast on the TV programme *Fox & Friends*, in New York, USA.

The Iceman's other chilly achievements

- Running a full marathon (26 miles) in temperatures of -20°C , in a pair of shorts.
- Swimming 66 m under ice, wearing just shorts and goggles.
- Climbing high, icy mountains, in just a pair of shorts.





ON YOUR MARKS

- Why is Wim Hof called the 'Iceman'?
- How does running 'barefoot across freezing snow' show that Wim is different to most people?
- How do the sub-headings in the web page help the reader?
- How would you feel if you saw Wim sitting in a tank of ice?



GET SET

- How does Wim train his body to cope with the extreme cold?
- Why do you think scientists were baffled by Wim's abilities?
- Why are 'The Iceman's other chilly achievements' in a bulleted list at the end of the web page?
- Wim Hof is unique in what he can do. Why would you not advise others to copy him?



GO FOR GOLD!

- Why is it dangerous for most people to experience extreme cold?
- What does 'meditation' mean?
- Why do you think Wim only wears shorts when he is doing his endurance tests?
- Do you agree with Wim's view that people can control their body temperature through meditation? Give reasons for your answer.



BEYOND THE RECORD

Imagine that Wim Hof is planning to visit your school to talk about his ideas and achievements. Write a list of eight questions you would like to ask him.