



## Media Request Form

This form ensures that both parties are clear on the particulars of the interview beforehand, making for a smooth interview and the best possible experience for the reader, viewer or listener.

Please be as detailed as possible in answering the following questions:

<b>Media outlet name</b>	
<b>Contact name</b>	
<b>Contact details</b>	
<b>What is your media reach?</b>  How many visitors/viewers/listeners/readers do you have on average?	
<b>Who is your primary audience?</b>	
<b>Where is your audience based?</b>	
<b>Preferred date and time for the interview?</b>  If you prefer an in-person interview please confirm the location.  Please provide all the information required to connect e.g. Skype username, Google Hangout details, FaceTime number...	

<b>What topics do you intend to cover?</b>	
<b>Do you have any specific questions in mind?</b>	
<b>Approximate word count or duration of the publication?</b>	
For audio: Will the interview be truncated with edits or lengthened with commercial breaks?	
<b>On what platform(s) will the interview be published?</b>	
<b>On what extra channels will the interview be promoted?</b>	
<b>What is the prospective publication date?</b>	

By signing this document, you agree to:

- Mention our website - [wimhofmethod.com](http://wimhofmethod.com) - in the publication (article, tv segment, podcast etc.)
- Provide us the opportunity to factcheck the publication in advance
- Hold off on publishing until we have approved the final version

<b>Date</b>	<b>Name</b>	<b>Signature*</b>

\*Use Adobe Acrobat Reader Fill & Sign for free to insert your digital signature or simply print, sign and scan.

## Relevant Links

Wim Hof Method Website	<a href="https://www.wimhofmethod.com/">https://www.wimhofmethod.com/</a>
Scientific Discovery Timeline & Video	<a href="https://www.wimhofmethod.com/science">https://www.wimhofmethod.com/science</a>
VICE Documentary	<a href="https://www.wimhofmethod.com/iceman-vice-documentary">https://www.wimhofmethod.com/iceman-vice-documentary</a>

## Wim Hof Method Social Channels

Facebook	<a href="facebook.com/icemanwimhof">facebook.com/icemanwimhof</a>
Twitter	<a href="twitter.com/iceman_hof">twitter.com/iceman_hof</a>
Instagram	<a href="instagram.com/iceman_hof">instagram.com/iceman_hof</a>
YouTube	<a href="youtube.com/user/wimhof1">youtube.com/user/wimhof1</a>
#	#wimhofmethod

## Wim Hof Method Mobile Apps

iOS	<a href="https://itunes.apple.com/us/app/innerfire/id890471578">https://itunes.apple.com/us/app/innerfire/id890471578</a>
Android	<a href="https://play.google.com/store/apps/details?id=nl.deckeron.apps.innerfire">https://play.google.com/store/apps/details?id=nl.deckeron.apps.innerfire</a>

## Media Kit

A Media Kit will be supplied on successful approval of your media request.

The kit includes a detailed biography, ebooks and an in-depth scientific explanation of the Wim Hof Method.

## Photos and Videos

Copyrighted photos and video footage can be made available on request, on successful approval of your media request.

## Safety Disclaimer

For the safety of your readers, viewers or listeners, if explaining the Wim Hof Method basic breathing technique, please include a warning to practice it as instructed, in a safe environment. Below is the warning we use for our video courses for your reference:

*The breathing exercises can have strong physiological effects, and must be practiced as instructed. Always perform them in a safe environment, sitting or lying down. Never practice the exercises before or during diving, driving, swimming, taking a bath, or in any other circumstance where loss of consciousness could result in bodily harm. Wim Hof breathing may cause tingling sensations, a ringing in the ears, and/or lightheadedness. These are normal responses and are no cause for alarm. If you faint, however, you have gone too far, and should take it more slowly next time.*

*The cold is a powerful force, and extreme cold can be a shock to your body. We strongly advise to start slow and gradually build up exposure. Always train without forcing anything, and listen to the signals from your body. If not practiced responsibly, there is risk of hypothermia.*

*Do not practice the method during pregnancy, or if you are epileptic. People with cardiovascular issues, or any other serious health conditions, should always consult a medical professional before starting the Wim Hof Method.*

For questions, please contact [support@wimhofmethod.com](mailto:support@wimhofmethod.com)