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WIM HOF METHOD FOR ALL AGGIES

Working out in the cold has significant health benefits for everyone.

LOGAN, UT, 2/8/2019 – There aren’t many students and locals that bike during the winter to promote commuting due to the use of vehicles and buses. While the majority of Aggies are concerned with the air pollution in the Cache County, there aren’t many days where there are blue skies and a serious lack of action taken to increase those days. According to Utah Climate Center, the amount of time the inversion lasts will be for a few days or more especially during the winter season. This means that the skies will be covered with clouds that aren’t producing snow but just polluted air that gets trapped due to all the cold air being pushed down in the valley. Most of the employee’s at Aggie Blue Bikes promote commuting through all seasons of the year regardless of weather.

There are a lot of reasons that people don’t work out in the cold bitterness of the outdoors during the winter months. The cold seems to sting your exposed skin, the air penetrates your lungs with a feeling of sharpness and your body temperature seems to drop exceedingly fast. But there is a method that has been proven to combat all of these through simple mind and relaxation techniques. The Wim Hof Method is used by many in the world today by those who believe that we have adapted to needing clothes and such to be able to survive during harshness of the natural environment. Its goal is to increase the “natural stimulation of our bodies” and how one does this is through the physiological processes. The reward for following the techniques and processes provided to you on the official website promote “your journey to a happier, healthier and stronger you.” There are members of Aggie Blue Bikes that while they haven’t researched the Wim Hof Method as personally can agree that the body adapts to the conditions that it goes through over time and agree that the feeling of being cold only lasts a few days before it fully adjusts.

Aggie Blue Bikes represents a group of community members devoted to promoting ways to beat the air pollution in Cache County through the means of a community bike shop. They all love biking and helping the Planet through healthy ways. They hope that by their example and promotion they can get more people to ride bikes no matter the weather to and from campus to help with the air pollution.

Resources:

<https://climate.usu.edu/inversion.php> , <https://www.wimhofmethod.com/practice-the-method> , <https://abb.usu.edu>

If you would like more information about this topic, please contact Tanner R. Castro (435) 888- 1234 or email us at [real.journalist.435@usu.edu](mailto:real.journalist.435@usu.edu).

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