



## Fact File

### **My guidance for attempting to break the world record for the Most hugs in one hour**

Why go to the gym – just hug your way to stronger arms. Ask your friends and their friends and all their buddies to come along and squeeze you. You'll need every hug you can get because the tally for this world record is now high. Choose a sunny day, have a super breakfast and bring all the helpers you can muster. Give each of your supporters that hug they've been craving, but don't hurt them by bonding too tightly!

To start, gear up for a few rules, such as:

- clasp each hugger with both arms.
- make sure everyone signs the event book.

You can never spend enough time checking things because peoples' situations are constantly changing. Get your planning seamless and you could make it.

Still keen? WorldRecordChase.com is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

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*Please note: neither Alastair Galpin nor WorldRecordChase.com will be responsible for any actions whatsoever undertaken by any person as a result of visiting this website. If you intend to attempt to emulate any of Alastair's world record attempts, always seek expert advice.*