



FOLDS of HONOR

CONTACT:

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FOLDS OF HONOR KETTLEBELL CHALLENGE

Folds of Honor Minnesota and Ironskull Fitness issued a challenge...an American Patriot answered the call.

WHO: Originally from a small farm in Wisconsin, Daryl Jelle is currently one of top trainers and metabolic specialists at Lifetime Fitness. He received his degree in Kinesiology and Exercise Science at Iowa State University. Daryl has worked with both Iowa State and Winona State Men's and Women's Strength and Conditioning departments, including both Middle and High Schools in Winona. Daryl has also competed in Powerlifting competitions, Strongman, GoRuck Challenge and Obstacle Course Racing Events. A true patriot, Daryl has stepped up to this incredible challenge for the benefit of our veterans. Daryl, his wife Nicole, and their son Ryner live in Minnesota

WHAT:

The Kettlebell Challenge - One 70 lb. custom kettlebell. One high performance athlete. One month. 10,000 swings. Minnesota high performance athlete and trainer, Daryl Jelle, answered the call of the Folds of Honor Foundation and Ironskull Fitness to support our American veterans. This is how he will do it. Daryl begins the Folds of Honor/Ironskull Challenge on February 15, 2018. Thereafter he will swing the custom made 70 lb kettlebell an average of 330 times per day. At the end of Daryl's challenge we will contact you with a link to donate directly to Folds of Honor Minnesota, an organization that provides educational scholarships to the children and spouses of our American heroes that have been severely injured or killed in action.

WHERE: Participate in the Kettlebell Challenge here - <https://www.fohkettlebellchallenge.com>

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About Folds of Honor is a 501(C)(3) nonprofit organization that provides educational scholarships to families of military men and women who have fallen or been disabled while on active duty in the United States armed forces. Our educational scholarships support private education tuition and tutoring for children in grades K-12, as well as higher education tuition assistance for spouses and dependents. Founded in 2007 by Major Dan Rooney, an F-16 fighter pilot in the Oklahoma Air National Guard who served three tours of duty in Iraq, Folds of Honor is proud to have awarded more than 16,000 scholarships in all 50 states, as well as Guam, Puerto Rico and the Virgin Islands, including more than 3,500 in 2017 alone. (www.foldsofhonor.org.)