



MOVEMBER®



**HOW TO
MO YOUR
OWN WAY**

GO BIG. GO BOLD. GO ALL THE WAY FOR MEN'S HEALTH.

Mo Your Own Way is a choose-your-own-adventure challenge epic in scope and scale. Ride the distance from London to Leeds. Tackle an epic workout challenge with mates. Slog out a rowing machine marathon. The donations you inspire will help fund groundbreaking projects across men's mental health and suicide prevention, prostate cancer and testicular cancer.

A GUIDE TO MO YOUR OWN WAY

01

RAISE SOME BROWS

The best challenges tend to prompt the response "you're doing what?!" Get creative and push your limits.

02

WHENEVER, WHEREVER

Indoors, outdoors, in a single day, over several weeks or across the year. This is your challenge. You make the rules.

03

MAKE IT EPIC

Cycling Challenge

Put a team or yourself to the test. Whether it's cycling to work every day, or riding an epic relay, set an ambitious physical and fundraising target.

Workout Challenge

Got your own unique workout idea? Anything goes. Try 500 press-ups a week or smash out a wild number of burpees. Use every drop of sweat to dial up the donations.

Epic Challenge

Think big, then go bigger. Like Mo Bro Fergus Crawley taking on a world first vertical marathon – ascending 42,200m on foot. Now there's a way to set donations soaring.

04

HAVE FUN DOIN' GOOD

Whatever you do, however much you raise, if you're having a good time, you're nailing it.

GET STARTED

01

Sign up at [movember.com](https://www.movember.com).

02

Set your own epic challenge.

03

If it's a gruelling test of physical endurance, connect your fitness app to your Mo Space.

04

Let everyone know what you're doing and why. Give them a heartfelt reason to donate.



Whatever it is, whenever it is, your challenge will help change the face of men's health. If you need any help getting started or want to bounce some boundary-pushing ideas, please get in touch at info.uk@movember.com.