



MOVEMBER®



**HOW TO
MOVE IN
MOVEMBER**

GO THE DISTANCE AND STOP MEN DYING TOO YOUNG

Globally, one man takes his own life every minute, of every day. This Movember, we're asking you to make your Move – for them.

Commit to walking or running 60 kms over the month. That's 60 kms for the 60 men we lose each hour, every hour – the men who should still be here today.

You don't have to be an ultra-athlete, or own the latest kicks. Move is simpler than that.

Put one foot in front of the other, and you've already made a start.

HERE'S HOW:

01

SIGN UP AT [MOVEMBER.COM](https://www.movember.com)

And choose to Move for men's health.

02

CHIP AWAY YOUR WAY

Hit it fast. Take it slow. Run solo. Join a team. Go outside. Or jump on the treadmill.

03

MAKE IT COUNT

Call on friends and family to back you with a donation, and change the face of men's health



Need support? Get in touch at info.uk@movember.com and we'll give you a hand.



MY MOVE TRACKER

TRACK THE MOVES YOU MAKE AND TICK OFF YOUR PROGRESS THROUGHOUT MOVEMBER. EVERY STEP AND DROP OF SWEAT COUNTS.

ON YOUR MARKS, GET SET, MO

4 KM

Post a mid-Move selfie on social media to show you're serious. The more people see, the more likely they'll be to donate.

8 KM

12 KM

Chip away, your way.

16 KM

Do it for the 60 men we lose to suicide every hour.

32 KM

**30 KM
HALFWAY MARK**

Send an email out to show you've made it this far. Don't forget to include your Mo Space.

28 KM

This is for the health of your brothers, fathers, sons and friends.

24 KM

20 KM

36 KM

40 KM

44 KM

That's some epic progress.

48 KM

It's all downhill from here.

60 KM!

Nailed it. You clocked 60 km for men's health.

56 KM

You've come so far. It's time to show it off. Let the world know with a call-out for donations.

**52 KM
HOME STRETCH**

Why so serious? Use the Movember app to add some fun to another Mid-Move selfie, and then share away.