



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:

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

And choose to Move for men's health.

2. CHIP AWAY YOUR WAY

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

3. MAKE IT COUNT

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



CONTACT US

Got a question? Drop us a line:

Email:

info@movember.com

Phone:

1300 GROW MO (1300 4769 66)

Mail to:

Movember Foundation

PO Box 60 East Melbourne VIC

8002 Australia

SIGN UP TO MOVE  MOVEMBER.COM

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