



# 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:**

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**SIGN UP TO MOVE  MOVEMBER.COM**

## FAQS

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