

HOW TO: MOVE IN MOVEMBER

Move is a chance for anyone, anywhere to go the distance and raise funds for men's health. It's about havin' fun, doin' good, while getting active. Movers can walk, run, cycle, swim or row. Simply sign up, set a solo or team distance target, and Move it.

NEED INSPIRATION? CHECK OUT THESE MOVE MOTIVATIONS



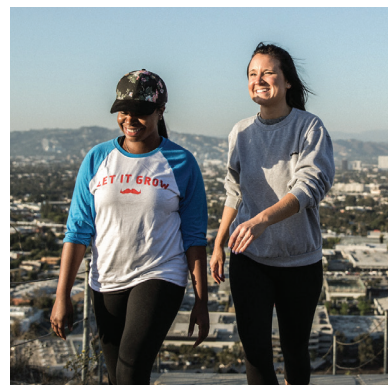
MOVE FOR HEALTH

Trying to get fit?
Give 5 miles a day a shot.



MOVE FOR FUN

Create your own mini Mo-athon with friends where you walk, run, cycle, swim or row around a local course.



MOVE IN TEAMS

Team up and tackle a target together. Set a team goal, and each Mover can do their part.

TIPS TO HELP YOU MOVE

HAVE FUN, DOIN' GOOD

Move in ways that'll make you smile. Get your kids or friends involved.

GAIN STRENGTH IN NUMBERS

Who will you team up with? Think colleagues. Family. Friends. The more people involved, the more of an impact you can make.

TRACK IT ONLINE

Logging Moves is easy. Add them on movember.com, or connect your fitness device and our tech-wizardry will take care of it for you.

REMEMBER WHY

Every Move made and dollar raised will contribute to helping men live healthier, happier, longer lives. Now that's something.

SIGN UP TO MOVE IN MOVEMBER

FAQS AND CONTACT

FAQS

Visit our [FAQs](#) for answers to your questions.

CONTACT US

Got a question? Drop us a line.

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