

HOW TO: MOVE IN MOVEMBER

Take the Move challenge and get physically active during Movember. What is the Move challenge? Whatever you make it. Climb that mountain. Learn to swim. Work out in costume. Try something new, beat your own personal best, and raise funds for men's health.

NEED INSPIRATION? CHECK OUT THESE MOVES.



GO BIG.

Run that race.
Climb a mountain.



BE BRAVE.

Learn to swim.
Take up a new sport.



BE OUTRAGEOUS.

Get in costume.
Try an unusual form of exercise.

TIPS TO HELP YOU MOVE

CHALLENGE YOURSELF

It's not about being a world-class athlete, it's about setting a challenge that's right for you. Beat a personal best.

TEAM UP

Move as a group, or challenge your friends or coworkers to match your Moves.

TRACK YOUR PROGRESS

We've made it easy for you: connect your fitness app or device to automatically pull exercise info onto your fundraising page.

COMPETE

Hold your own tournament-style Move showdown. Capture the flag, dodgeball and ping pong are crowd favourites. A little friendly competition is never a bad thing.

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.

Email info.us@movember.com

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