



**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](http://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@movember.com](mailto:info@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.