

CLIMB MOUNT EVEREST {IN THE GYM}

WHY

This Movember, we're going the distance for men's health. Too many men in the UK are dying too young from cancer and suicide. Keeping fit helps our physical and mental health – that's why we've challenged ourselves to Move for Movember. We'd love for you to join us and raise some cash.

WHAT

Pick a challenge, hop on the stepper and get ready to reach your peak. No ice-picks required.

EVEREST CHALLENGE

9,000	36,000	3,000
METRES*	STEPS	FLOORS

KILIMANJARO CHALLENGE

6,000	24,000	2,000
METRES*	STEPS	FLOORS

THE THREE PEAKS CHALLENGE

3,000	12,000	1,000
METRES*	STEPS	FLOORS

*Approximate distance

HOW

Once you've chosen your Move Challenge, head to movember.com to set up your fundraising page and join The Gym network. Then you're ready to get moving and start raising some cash.

See page 2 for more details

Pick your challenge then sign up to Move at movember.com

GO THE DISTANCE
**MOVE FOR
MOVEMBER**



#movember

Setting your own Move Challenge

You're free to pick any Move Challenge you like – but before you get moving, you'll need to set up a fundraising page with Movember.

It's easy. Just follow these steps:

1



Head to movember.com. Choose Move for Movember from the Get Involved drop-down menu at the top.

2



Select "Make Your Move" and Sign Up to Movember.

3



Select 'Join a team' when asked 'How will you participate'. Type The Gym Group and find your local gym.

4



Customise your fundraising page by adding a photo, setting a fundraising target etc. You can set your challenge by clicking on the blue My Move Target box on the right.

5



Select the Team tab to see other participating members.

6



Select the Network tab and type The Gym Group in the Find a Network search bar. Join it!

Now you're ready to go the distance.

Start spreading the word and raise some cash. And don't forget to let a member of your local Gym Team know you've joined so we can cheer you on.

Top fundraising tips



Customise your fundraising page

Add a photo, set your challenge and tell your story. Put a little of your personality into your fundraising page.



Get friends and family onboard

Ask your friends and family to sponsor you first. People tend to match the amounts already donated, so target your most generous supporters before branching out.



Set a fundraising target

Be brave. Keep the bar high. You may be surprised by how deep your supporters will dig to help you reach your goal.



Tell your story

Make some noise on social media, get your network to share your posts and tell us your story on our Facebook page.