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 miles over the month. That’s 60 miles 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
   And choose to Move for men’s health.

2. CHIP AWAY YOUR WAY

3. MAKE IT COUNT
   Call on friends and family to back you with a donation, and change the face of men’s health.