

MOVEMBER & YOUR SPORTS CLUB

We won't forget 2020 in a hurry. It's been a big year for humanity and a lot has changed. But some things stay the same; men's health is still in crisis and men are still dying too young.

Supporting Movember is the perfect way to unite your sports club after a long time apart as well as welcome in new recruits. With the BUCS fixtures not starting until January, why not use your first term to make a positive impact. Coming together to support a cause will help engage the team, build comradery, and maintain fitness levels. Not to mention shine a light on key men's health issues, such as mental health.



GETTING INVOLVED

There are four main ways you can hop aboard the Mo train this year.

- Grow a moustache
- Take on the Move challenge
- Host an event
- Mo your own way

Find more info on each at movember.com.

But here are some more specific ways you and your teammates can support men's health, within government COVID guidelines.

HERE ARE SOME IDEAS TO GET YOU GOING

01

Add £10 onto every new membership, which goes straight to your Mo team page

02

Host internal games-players pay to enter, and peers pay to watch

03

Create incentives and forfeits for the highest and lowest fundraisers in the team

04

Run a Strava fitness challenge where all members work towards a joint target and compete for top spot (connect it to your Mo Space for more donations)



YOUR UNIVERSITY CHALLENGE PAGE



WHAT IS IT?

Get the competitive juices flowing. Join your university's challenge page and compete for top spot against other teams in the live leaderboard.

WHERE TO FIND IT?

Head to movember.com and in the search bar type the name of your university. Find it under the 'challenges' tab.

HOW TO JOIN IT?

Simply login to your Movember account – head to your uni challenge page and click 'join this challenge'. If a team captain joins, the whole team is automatically on board.

CONTACT

Having trouble or want more info? Get in touch:
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