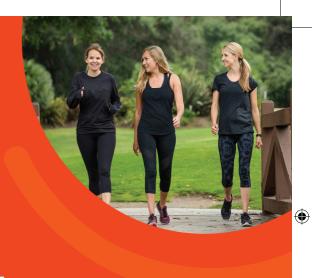




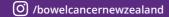
Move your Butt to beat bowel cancer

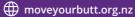
June is Move your Butt month. So challenge yourself to move more during June, get your friends and family to sponsor you – and raise funds to help more Kiwis beat bowel cancer.

Sign up at moveyourbutt.org.nz















Here's some ways to get that butt moving – or come up with your own!

MOVE A LITTLE • Take the stairs not the lift • Walk to work each day • Walk for 15 minutes a day

Walk while you talk on the phone € Change your chair for a Swiss ball € Stand on the bus instead
of sitting € Take the dog for more walks € Take an online exercise class € Organise lunchtime walks

MOVE A LOT € Beat your personal best € Create a personal best € Challenge yourself to bike 50k

■ Take a hike (or two) ■ Climb that mountain ■ Start training for a marathon ■ Do 30 push-ups a day

• Do 50 sit-ups a day • Run whatever the weather • Take up aerobics or cross-fit • Hit the gym

MOVE MORE CREATIVELY € Trek every weekend € Jog on the job € Work out on social media

♦ Think of a challenge and promote it **♦** Do something different **♦** Do something extraordinary

• Move a little or move a lot, as long as you move MORE • It could help you beat bowel cancer, and you'll raise funds funds so that more Kiwis can beat bowel cancer too. So let's get moving!

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