

Move your Butt

June 2019

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



 /BCNZ.org.nz

 /bowelcancernewzealand

 moveyourbutt.org.nz



Bowel Cancer
NEW ZEALAND

Ways to move your butt

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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