

50 WAYS TO MOVE YOUR BUTT

June is Move your Butt month, so challenge yourself to move more and help beat bowel cancer. 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 up yoga ● Take up Tai Chi ● Take up gardening ● Exercise while you watch TV ● Ban the TV for a month ● Ban the couch for a month ● Take up bowls ● Play croquet ● Take up line-dancing ● Take the dog for more walks ● Take an online exercise class ● Organise lunchtime walks at work

MOVE A LOT ● Beat your personal best ● Create a personal best ● Take a hike (or two) ● Climb that mountain ● Start training for a marathon ● Challenge yourself to bike 50k ● 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 ● Take up badminton, basketball or boxing ● Go ice skating ● Get dancing lessons ● Learn Zumba ● Learn Pilates ● Learn to belly dance ● Learn to pole dance ● Join a touch rugby team ● Set up a fun run with friends

MOVE MORE CREATIVELY ● Trek every weekend ● Jog on the job ● Organise a workout and lunch ● A golf challenge with your mates ● A Frisbee day with the family ● Work out in fancy dress ● 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!



#moveyourbuttnz
www.moveyourbutt.org.nz



Bowel Cancer
NEW ZEALAND