



However you do it, Move your Butt month is all about getting moving and raising funds for bowel cancer.

You could learn to swim. Learn to ski. Take the stairs every day instead of the lift. Organise lunchtime walks at work. Do something different. Do something extraordinary. Do as much or as little as you want to – as long as you move more. It could help you beat bowel cancer, and you'll be raising funds so that more New Zealanders can beat bowel cancer too. Here are a few ideas to get you started:

1

Move your Butt at work

- Turn your commute into a daily walk, run, cycle, skate or scooter
- Walk the stairs instead of the lift
- Catch a daily yoga class at lunch time
- Walk around your desk 10 times
- Do a tea run for your team twice a day

2

Move your Butt at home

- Turn your usual household chores into your Move your Butt challenge
- Set yourself a goal to do a number of sit ups, star jumps or squats
- Get a pedometer or download an app and count your steps for the day – try and increase your steps for a daily challenge!

3

Move your Butt with your family

- Brainstorm and think of ways you could move more together during your daily routine.
- Together decide on an exercise routine you can do together. It might be 10 star jumps or squats before dinner each night.
- Get dancing! After dinner put the music on and start dancing. Think of an award for the best family dancer.

4

Move your Butt in a new way

- Use MYB to learn something new and introduce it into your daily routine. Yoga, pilates, dance or all great ways to move your butt.
- Join a friend who exercises regularly with a walking, cycling or running group.

5

Move your Butt with exercise

- Already fit? Why not challenge yourself to exercise every day in June as a Move your Butt or push yourself harder.
- Run, cycle, swim, yoga, pilates – go every day, longer and stronger as a great challenge.