



1. **Set your challenge.** It could be anything that gets you moving more during June – walking for 20 mins per day, doing 10 press ups per day, riding your bike to work...it's up to you.
2. **Sign-up.** Go to moveyourbutt.org.nz
3. **Personalise your page.** Fundraisers who customise their page raise more money. Add some before, after and along-the-way pics and let everyone know why you're doing this.
4. **Set a fundraising target.** Don't set your target too low! You might be surprised by how deep your supporters will dig to help you reach your goal.
5. **Donate yourself.** Get the ball rolling and show your commitment by donating to yourself! Fundraisers who make their own donation raise more than those who don't and receive larger donations from their friends and family. Make as generous a donation as you can to demonstrate your commitment to the cause. If you are not in a position to donate to yourself, think of someone who you can ask to get you started.
6. **Get sponsored.** Sign up your friends, family members and colleagues to support you and follow your journey towards and during Move your Butt month. Most people are surprisingly deep-pocketed when it's a good cause.
7. **Spread the word.** Share your journey on social media to enlist support and get the word out there as to why Kiwis need to get serious about beating bowel cancer. Use the hashtag #moveyourbuttnz.
8. **Keep on posting.** Keep sharing your journey before, during and after Move your Butt month: the highs, the lows, even the sweaty bits. Keep reminding your supporters why you're doing this.
9. **Say thanks.** Send a personal thank you message to all of your sponsors. After all, they're helping you and hundreds of other Kiwis to beat bowel cancer.
10. **Celebrate!** Toast your achievements, or organise a post Move your Butt event so that your supporters can join you in celebrating your challenge.