



Move for Mo-vember!

Western Wellness Challenge | November 1–30

Open to all Western staff and faculty



Why Move, You Ask?

Join the Move for Mo-vember challenge—where we're dancing, stretching, and strutting our way to raising awareness for men's health (yes, that includes physical, mental, and emotional) through a blend of movement, reflection, and connection. Inspired by men's health, but hey, everyone's invited because moving is magic for all!



What's the Buzz?

Men's Health Matters — Let's smash stigma and chat openly about mental health, heart health, and getting those check-ups!

Movement as Medicine — Whether you're stepping, stretching, or spinning, every move boosts your wellbeing.

Inclusive Wellness — Let's move together to support men's health and strengthen our community bonds.



The Big Challenge

When: November 1–30

Goal: Get moving every day—walk, roll, stretch, dance, or cycle—and take a moment to reflect on your wellness.

Weekly Vibes

Week 1: Mental Health & Movement — Ah, sweet stress relief and mindfulness.

Week 2: Physical Health Check-In — Time for screenings, rest, and recovery.

Week 3: Social Connection — Move with your buddies and colleagues.

Week 4: Reflection & Resilience — Celebrate your wins and plan your goals ahead.



How to Jump In

Enter your moves as often as you wish—daily or weekly—using this [FORM](https://forms.office.com/r/YMm0C9Rhcd)
(forms.office.com/r/YMm0C9Rhcd)

Share your moves, your feels, or a little wellness story.

Each entry gets you into random **prize draws** all November, plus a grand prize at the end!



Keep Moving. Keep Connecting. Keep Growing.