🌟 Move for Mo-vember!

Western Wellness Challenge | November 1–30

💪 Why Move?

This November, join us as we move for better health. Inspired by Men's Health Awareness Month and Financial Literacy Month, the Move for Mo-vember Challenge encourages us to take small actions each day that support our physical, mental, social, and financial wellbeing. Whether you walk, roll, stretch, dance, cycle, strength train, or move in a way that works for you, every action counts.

What's the Focus?

Men's Health Matters: Let's continue the conversation around physical, mental, and emotional wellbeing while reducing stigma and encouraging help-seeking.

Movement as Medicine: Regular movement can improve mood, increase energy, reduce stress, and support overall health.

Financial Wellbeing Matters Too: Small financial wellness actions today can build confidence and reduce stress tomorrow.

Connection Creates Community: Wellbeing grows when we support ourselves and one another.

⛹️ The Big Challenge

Goal: Get moving every day and take time to reflect on your wellbeing. Participate in activities that support your physical, mental, social, or financial wellness throughout the month.

Week 1: Move for Mental Health

- Take a walk, practice mindfulness, attend a fitness class, journal, or spend time outdoors.

Week 2: Check In With Your Health

- Schedule a health appointment, prioritize sleep, stretch regularly, learn about preventive screenings, or take movement breaks throughout your day.

Week 3: Connect Through Movement

- Walk with a colleague, attend a campus event, join a recreation program, participate in a team activity, or reach out to a friend.

Week 4: Build a Strong Foundation

- Review your budget, set a financial goal, check your pension or savings contributions, and reflect on the healthy habits you have built throughout the month.

✨ How to Jump In

Enter your activities as often as you would like, daily or weekly, using the Wellness Challenge Form. Share your movement activities, wellness reflections, healthy habits, or stories of connection and wellbeing. Every submission earns an entry into prize draws throughout November, with a grand prize draw at the end of the challenge.

Keep Moving. Keep Connecting. Keep Growing.

Small steps. Big impact. A healthier Western community starts with all of us.