

The MOVEMBER Challenges for Men's Health Awareness

MOVEMBER and No-Shave November are movements that encourage growing facial hair for the month of November to raise awareness regarding men's health. The "MOVE" in MOVEMBER emphasizes the importance of physical activity for everyone.

Challenge #1

Movember/ No-Shave November Challenge

- 1) November 1 - Start with a clean-shaven face and take a "before" picture.*
- 2) Grow and groom a mustache, beard, goatee, etc. all month long
- 3) November 30 - Take an "after" picture!*

*Submit your "before" picture to wellness@co.fresno.ca.us by November 5 and your "after" picture by December 5, 2016 to be entered into the wellness raffle to win prizes including a \$50 gift card.

Challenge #2

MOVEMBER Challenge

- 1) November 1 - Get MOVING!
- 2) Exercise or participate in a physical activity for at least 20 minutes every day of November.
- 3) Take a picture of yourself MOVING.*

*Submit your "MOVING" picture to wellness@co.fresno.ca.us by December 5, 2016 to be entered into the wellness raffle to win prizes including a \$50 gift card.

*The challenges are open to all County of Fresno employees.
Raffle prizes were donated by wellness vendors.