

GROUPS AND CORPORATE TEAMS

Fitness groups, corporate teams, groups of friends - anyone can create a team during the sign-up process. There's no limit to how many people you can have in a team, and by pooling together your fundraising efforts, you can make an even bigger impact.

Each member of the team will receive their own vest to keep, provided they raise their first \$150. You can also decide to split the 50km distance between team members if you don't each want to complete 50km individually.

Signing up a team is a great way to bring clients, friends or co-workers together for some team-building, fun competition, and to help them improve their health and well-being.

TEAM MVMNT, LIFT THE LOAD 2021

The MVMNT Method delivers personalised strength and conditioning training to help people live with confidence. As a Lift the Load team, many of their clients were keen to get involved in the Challenge and support young men's mental health. Collectively, they raised more than \$2,200. Through their team effort, they've helped support more boys through Top Blokes mentoring programs to live healthier and safer lives.

This is just one example of the incredible impact you can make as a team.

“As guys ourselves, or mothers or sisters to young men, we know how tough it can be... especially when we feel vulnerable with our mental state. Providing a platform for these kids to help them navigate their mental health challenges means a lot to us, so the decision to support Top Blokes was a no brainer.”

SEAN CHEEVERS
OWNER/HEAD COACH
THE MVMNT METHOD

