

51,332 Moved Today **49,728** Moved Yesterday

Move One Million is a nonprofit organization and free service bringing movement and mindfulness to humanity.

✔ Just 5 minutes a day ✔ Broadcast every hour

Improve Physical Health

Improve Mental Health

Improve Social Health

BRING M1M TO YOUR ORGANIZATION

Move One Million is a nonprofit organization on a mission to standardize movement and mindfulness in our communities, giving everybody access to move daily, reduce stress, and feel connected with others for improved physical, mental, and social health.

REGISTER NOW to receive the daily broadcast emailed directly to your organization every morning.

Join along with Chris Powell in each broadcast, as he moves with friends from around the globe through the M1M routine - a total body warm up that EVERYBODY can do. Then let Chris guide your community through a 2-minute mindfulness exercise to reduce stress, and finish with positive affirmations to boost confidence and esteem.

- ✔ Towns & Cities
- ✔ Schools
- ✔ Hospitals
- ✔ Corporations
- ✔ Small Business
- ✔ Assisted Living
- ✔ Organizations

[REGISTER NOW](#)

BRING M1M TO THE FAMILY

Move One Million also offers a free app for everyone to participate worldwide - to spread movement and mindfulness across the globe. As users participate on the app, they can build their M1M score, rank, and streaks for a fun and gamified experience!

Invite family and friends to join you, and with your help we will move one million people every day! Together, we will do a world of good.

To learn more about Move One Million, visit m1m.org

Download Now!

[GET IT ON Google play](#) [Available on the App Store](#)

HELP US BRING M1M TO THE WORLD

Move One Million is a nonprofit organization that depends on the generosity of individual and corporate donors to fulfill our mission of bringing movement and togetherness to humanity.

All donations help us bring M1M to more cities, schools, hospitals and organizations around the globe: Operational costs, production and distribution, events, tech maintenance, promotional materials, etc. Thank you for your support!

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IN THE MEDIA



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