



GENERAL INFORMATION PACK 2022

FROM YOUR LOCAL LIFELINE CENTRE

Proudly supporting



**3,139 PUSH-UPS.
24 DAYS IN JUNE.
LET'S DO THIS.**

THE
PUSH-UP
CHALLENGE

Proudly supporting



THE PUSH-UP CHALLENGE IS A FUN AND UNIQUE WAY TO ENGAGE YOUR CREW IN MENTAL HEALTH



3,139 push-ups in total, from 1 - 24 June, representing the number of Australians who died by suicide in 2020.



Promotes fitness (push-ups can be done anywhere and anytime, and exercise alternatives are welcome).



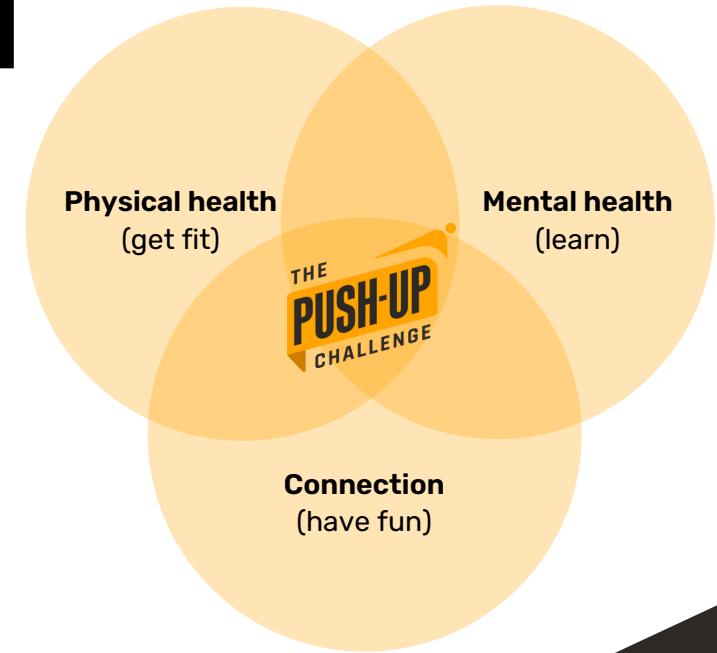
Fosters connection (virtually and in person).



Facilitates learning and conversations about mental health.



No cost and very easy to get involved. All you do is spread the word.



EACH DAY PARTICIPANTS LEARN ABOUT MENTAL HEALTH AND BANK THEIR PUSH-UPS

Participants push-up while learning about mental health, with **the number of push-ups changing every day to reflect a vital mental health fact.** For example, one day there are 147 push-ups, the next day there are 70 push-ups.

In 2021, **97% of participants** said they **learnt something about mental health.**

Participants can get the daily mental health facts and track their exercise by **banking push-ups in the 'Push For Better' app** or on The Push-Up Challenge website every day.

Example of a mental health fact from 2020.





EVERYONE
CAN TAKE PART



PUSH-UPS CAN BE DONE ANYWHERE AND SPREAD ACROSS THE DAY

Whilst the target (3139 push-ups) might seem high, it is **achievable**. We've had an 11 year old and a 91 year old great grandmother complete the event.

You don't have to just do push-ups! You can choose to **substitute** push-ups with **other exercises such as sit-ups or squats**.

Or you can set your own push-up goal and aim for 25%, 50%, 75% or 100% of the daily push-up target.

Participants will get a badge each day when they reach each of the below.

25%

Total: 785
Average per day: 33

50%

Total: 1570
Average per day: 66

75%

Total: 2,354
Average per day: 99

100%

Total: 3,139
Average per day: 131



WHY **PUSH FOR BETTER** MENTAL HEALTH?

3,139

lives were lost to suicide in 2020. It is the **leading cause of death** for Australians aged 15-49.

1 in 5 

Australians will experience mental ill health this year and only **46% of people seek help.**



Make an impact through fundraising



**PUSH
FOR BETTER**
Foundation



Through The Push-Up Challenge your crew has the **opportunity to fundraise for The Push For Better Foundation, Lifeline (or a local Lifeline Centre) or Movember** and help raise critical funds for mental health. Fundraising is an **optional part of the event**, our main aim is to engage and educate people in mental and physical health.

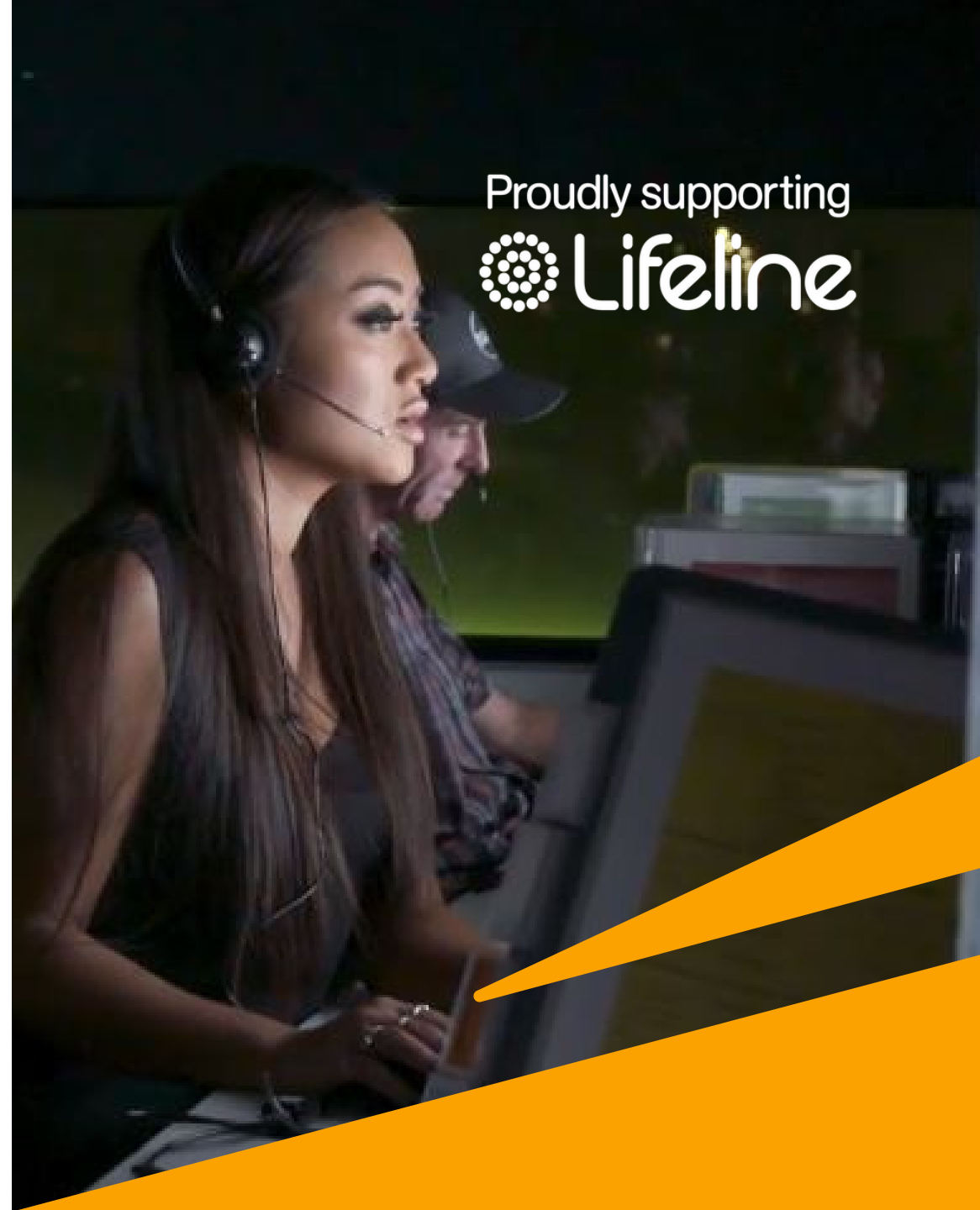
HELP OUR LOCAL LIFELINE CENTRE RAISE CRITICAL FUNDS

Funds raised through The Push-Up Challenge will ensure **Lifeline's critical crisis support and suicide prevention service are accessible to anyone who needs them - anytime, anywhere** and in the way those who need support feel most comfortable approaching.

Lifeline currently receives over 3,000 calls for help from Australians in crisis, every single day. That's one call every 30 seconds!

Support our local Lifeline Centre in 2022 by selecting us as your beneficiary when you register.

Proudly supporting
 **Lifeline**



2021 ACHIEVEMENTS



240 million push-ups banked



\$9 million raised for mental health



22,000 teams



174,000 participants



MENTAL HEALTH IMPACT

As a direct result of **The Push-Up Challenge 2021**, participants reported improvements in their health and wellbeing.

97%

learnt something
about mental
health

99%

felt fitter
and stronger

94%

felt connected



SHARON'S STORY

“

After a very difficult divorce and raising a very young child I suffered mental health issues. Trying to hide it and deal with it on my own took its toll and I attempted suicide.

Without the support of friends, family and support centres like headspace and Lifeline I would not be where I am today.

Doing The Push-Up challenge each day has reaffirmed why I'm still here and how important exercise and determination to achieve a small step each day is.

Just this week I've had a 'down day' and knowing I had this challenge to do motivated me to get up and keep going.

”



IT'S SIMPLE FOR YOUR CREW TO GET INVOLVED

Taking part in The Push-Up Challenge is free! All you need to do is register and spread the word.

What we do:

Supply you with a Starter Guide, email templates, social media templates and lots of other handy resources to help with event promotion.

Supply resources for participants to share their involvement.

Respond to participant queries.

Almost anything your heart desires (1).

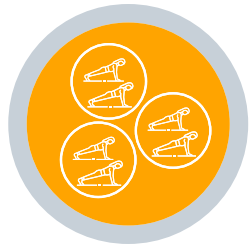
(1) Note, we cannot do your push-ups for you

We look forward to having you involved!



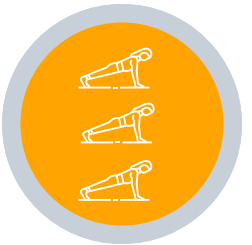
HOW TO REGISTER

Registrations open in April 2022. You can register as a:



Community

Communities are collections of teams. These are great for large workplaces, schools, gyms, unis or clubs where more than 10 people are expecting to take part.



Team

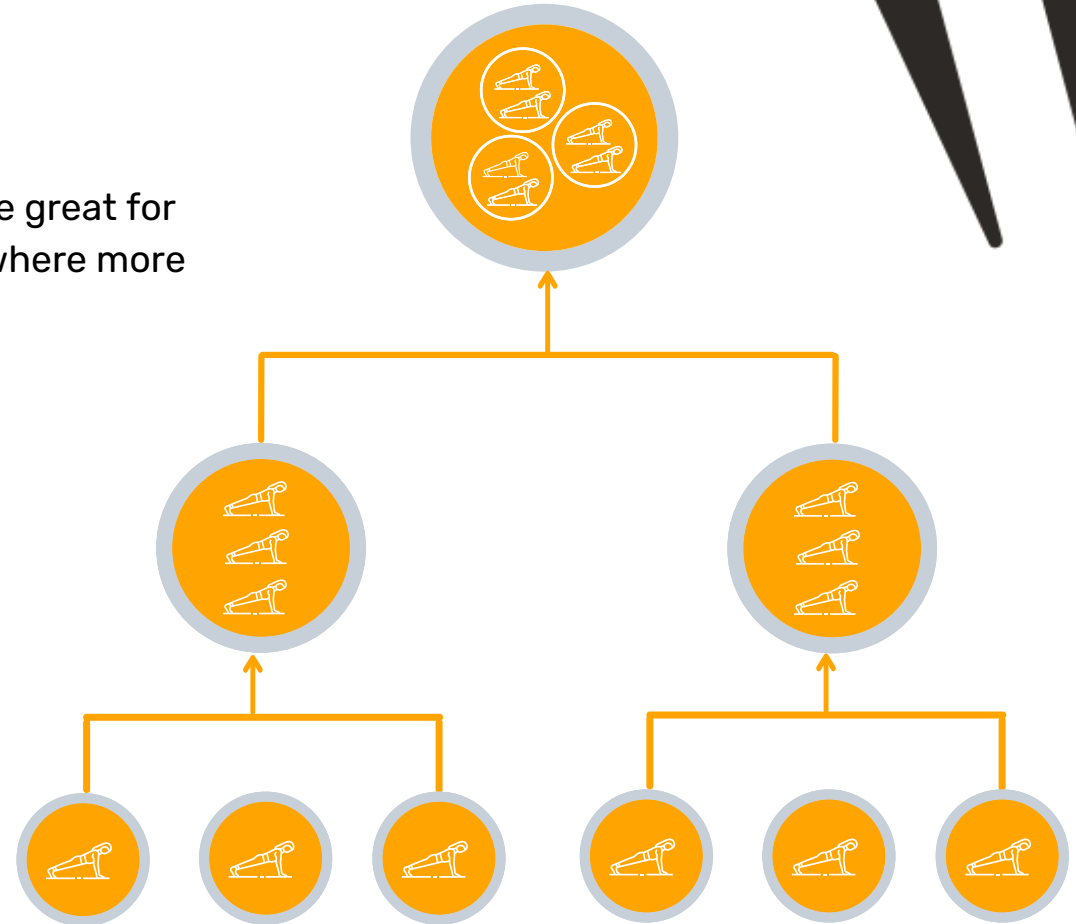
Great for **groups of up to 10 people**.

Note: You can only be in one team at a time.

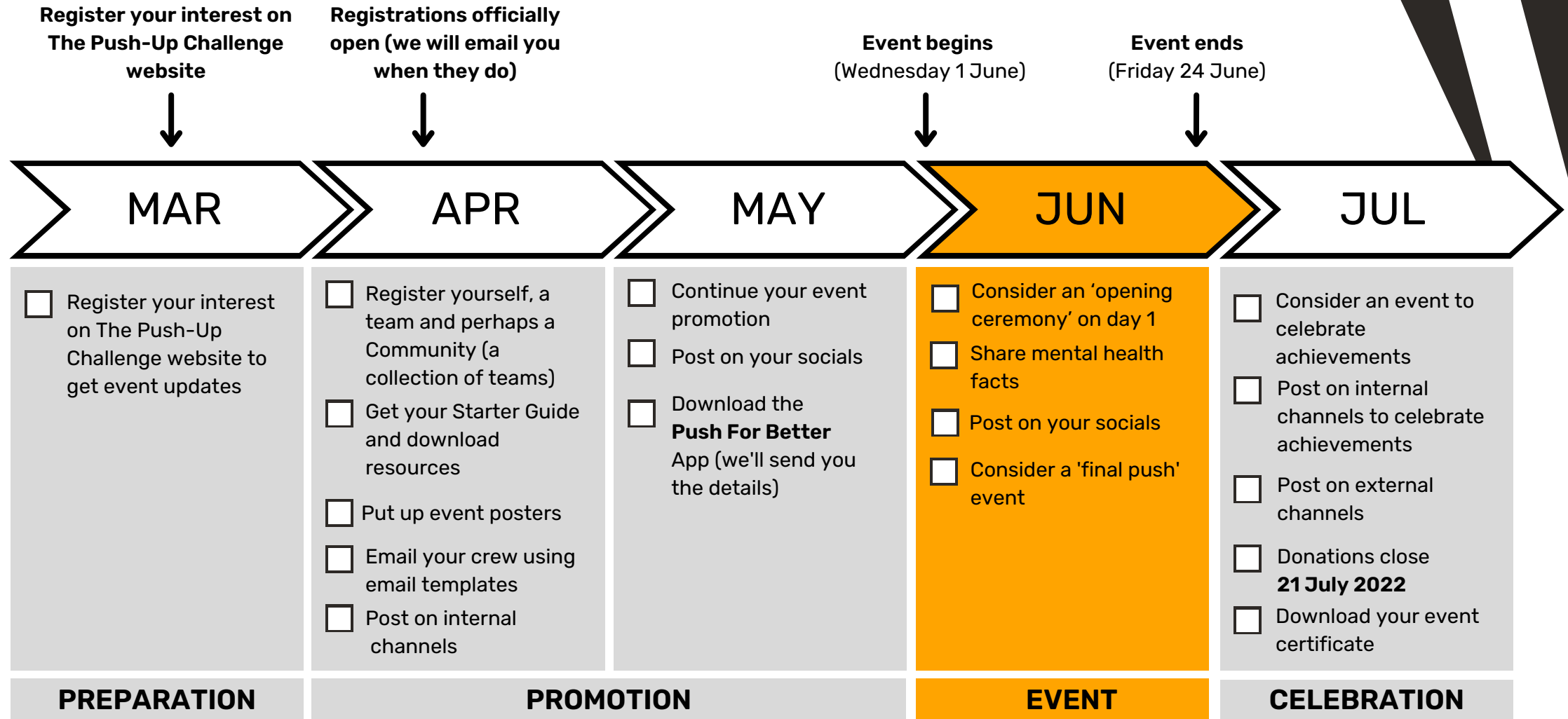


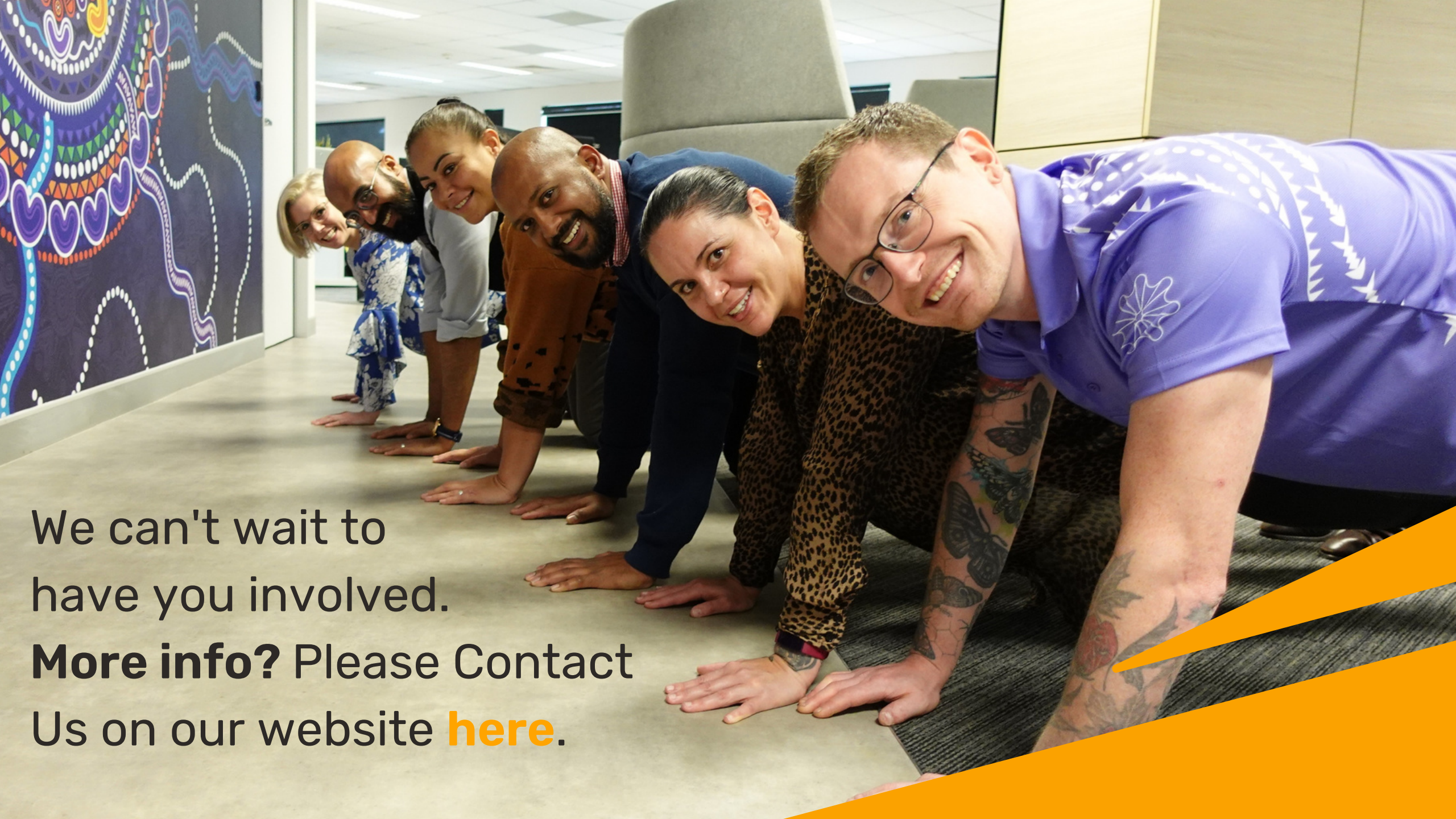
Participant

Anyone can take part (minors must complete a permission form).



WHAT HAPPENS AFTER I REGISTER?





We can't wait to
have you involved.
More info? Please Contact
Us on our website [here](#).



#PUSHFORBETTER

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**PUSH
FOR BETTER**
Foundation



Lifeline



MOVEMBER®

www.thepushupchallenge.com.au