



**3,139** / **24**  
PUSH-UPS DAYS

# CHALLENGE YOURSELF TO PUSH FOR BETTER MENTAL HEALTH

Aim for 25%, 50%, 75% or 100% of the daily target.

Take on the challenge from June 1 – 24.

## 1 REGISTER

Step one, register on the website as a participant.

## 2 TEAM UP

Having friends involved helps with the motivation and banter. You can join a team, or create a team when you register.

## 3 BIG GROUP?

If you have more than 10 people, join or create a Community (a collection of teams). This is great for workplaces, gyms, clubs and schools.

## 4 PREPARE

Check out our pre-event training tips for push-ups and other exercise alternatives that you can do instead.

Proudly supporting



[www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au)