

THE PUSH-UP CHALLENGE CELEBRATES TENTH ANNIVERSARY YEAR WITH AUSTRALIANS COMPLETING 329 MILLION PUSH-UPS, RAISING OVER \$13.2M FOR MENTAL HEALTH

MEDIA RELEASE: AUSTRALIA, JULY 2026: Over 230,000 Australians are celebrating being physically and mentally stronger now that they have completed Australia's biggest mental fitness challenge, [The Push-Up Challenge](#).

The Challenge, which began on 3 June 2026, saw each participant take on 3,307 push-ups to honour the lives lost to suicide in Australia in 2024. Australians set a record by collectively completing 329 million push-ups and raising over \$13.2 million for vital mental health services.

The Push-Up Challenge chief executive, Nicole Cikarela, said the 2026 event had a remarkable impact.

"3,307 is a lot of push-ups, but if there's one thing we know, it's that Australians love a challenge and are truly passionate about pushing for better mental health outcomes. We are so proud of each and every person who has engaged with this year's Push-Up Challenge. Be it through taking on the push-ups, raising funds, donating, starting a conversation about mental health, or simply cheering on our participants, we're so grateful for every single Australian who has supported our cause this year," said Cikarela.

Each day, participants completed their push-ups while learning about mental health, with the number of push-ups changing day to day to reflect a vital mental health fact. While fundraising is an optional part of the event, many participants chose to raise funds for mental health charities Lifeline, headspace and the Push for Better Foundation.

"Our participants started hundreds of thousands of conversations about mental health throughout the month of June, helping us improve Australia's mental health literacy while also breaking down the stigma attached to mental illness. It's just one way we've been able to let Australians who might be struggling, know that they can reach out and receive the support they need without judgement," Cikarela added.

In its ten years, The Push-Up Challenge has brought together over 1.3 million Aussies of all ages, abilities and walks of life to get fit, have fun and do something positive for their mental fitness, raising over \$80 million for Australian mental health charities.

headspace National CEO, Jason Trethowan, commented: *"I'm inspired by the number of people who have taken on The Push-Up Challenge this year and incredibly grateful to those who have chosen headspace as their beneficiary. With my deepest thanks, thank you to everyone who has donated or taken part."*

"The funds raised will help headspace reach those who face greater barriers to mental health care: First Nations communities, those in rural and remote areas, LGBTIQ+ young people, multicultural communities, young men and young people with disability."

"A special thank you to Nicole and The Push for Better Foundation for your leadership in suicide prevention over the past 10 years. These initiatives play an important role in raising awareness and reducing stigma that will work towards bringing the number of lives lost to suicide down."

Lifeline Australia Chair, Professor Steve Moylan, agreed: *"The Push-Up Challenge continues to show what's possible when people come together for a shared cause."*

"Each year, it's inspiring to see so many Australians get behind The Push-Up Challenge and make mental health and wellbeing a priority. Lifeline Australia is incredibly proud to be part of it again, and really thankful to everyone who took part."

"The funds raised help us keep showing up for people when they need us most. They also mean we can keep improving and adapting our 24/7 phone and digital crisis support services, so support is always there in ways that genuinely work for each person who reaches out."

To learn more about The Push-Up Challenge, make a donation for better mental health or register interest for the 2027 event, visit www.thepushupchallenge.com.au. Online donations remain open.

-ENDS-

IMAGES AND VISION of the best, most crazy and most skilled push-ups [HERE](#).

About The Push-Up Challenge

Founded by Nick Hudson in Perth, Australia in 2017, The Push-Up Challenge began as a challenge between four friends, and has grown to become one of the world's most successful mental health and fitness events. 2026 will mark The Push-Up Challenge's tenth year in Australia, third in Canada and first in the United Kingdom and New Zealand. The Challenge is a fun way for participants to connect with one another, get fit, and learn about mental health, with participants encouraged to raise money for mental health charities. The event is free to take part in and will run in Australia from 3 to 26 June 2026. For more information visit www.thepushupchallenge.au

Media contact:

Romina Favero, PR Director, The Push-Up Challenge

romina@rominafavero.com

+61 425 865 057