



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

# HELP YOUR MATES PUSH FOR BETTER MENTAL HEALTH

Let's put the spotlight on mental health.  
Take on the challenge from June 1 – 24.

**JOIN US!**

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

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