

# The impact on mental health across Australia



Push-Ups

241m



Participants

174k



Raised

\$8.8m

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

## WELLBEING (PHYSICAL AND MENTAL)



Felt fitter and stronger

99%



Mood was improved

97%



Were motivated to exercise

98%

## LEARNING ABOUT MENTAL HEALTH



Learnt about mental health

97%



Helped destigmatise mental health

98%

## CONNECTING WITH OTHERS



Felt connected

94%



Had mental health conversations

92%



Felt it made seeking help easier

97%

\*Based on 14,247 responses to a post-event survey carried out by The Push For Better Foundation.

1 - 25 June 2021

3,318  
PUSH-UPS

25  
DAYS



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