



CHALLENGE YOURSELF TO PUSH FOR BETTER MENTAL HEALTH

Take on the challenge from 1 – 23 June and put the spotlight on mental health.



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 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



PUSH
FOR BETTER
Foundation



www.thepushupchallenge.com.au / [#pushforbetter](https://twitter.com/pushforbetter)