

SIGN YOUR ORGANISATION UP TO THE PUSH-UP CHALLENGE



Help us push for better mental health, 3,214 push-ups. 4-26 June.

Promote employee wellbeing

- Participants boost their physical fitness through daily exercise
- Studies show that exercise improves mental wellbeing

Educate around mental health

- Daily mental health facts generate awareness
- People learn how to optimise their wellbeing
- Tips on how to support others

Everyone can take part for free

- Aim for the full or half target
- Exercise alternatives are welcome

Foster connection among your workforce

- Sparks conversations around mental health
- Builds morale as everyone works towards a shared goal

Raise money to support those in need

- Funds raised go towards mental health services and programs
- Support Lifeline, headspace, or The Push for Better Foundation
- Fundraising is optional, but a great chance to support mental health



"Vibe is great following The Push-Up Challenge! It created a lot of discussion, banter and laughter each day. It was a great success for improving mental health within our business"

-Nick, DLF Seeds

\$50M
Raised

1B
Push-ups

700k
Participants

7
Years

3,214 PUSH-UPS
4-26 JUNE 2025

Proudly supporting



thepushupchallenge.com.au