THE PUSH-UP CHALLENGE CELEBRATES BIGGEST YEAR YET WITH 232,000 AUSTRALIANS COMPLETING 328 MILLION PUSH-UPS, RAISING OVER $12.4M FOR MENTAL HEALTH

MEDIA RELEASE: 27 JUNE 2025: Over 232,000 Australians are celebrating being physically and mentally stronger now that they have completed Australia's biggest mental fitness challenge, The Push-Up Challenge.

Over 23 days in June, Australians set a record by completing 328 million push-ups and raising over $12.4 million for vital mental health services.

"*Taking on The Push-Up Challenge is no easy feat. But Australia's commitment to improving mental and physical fitness has blown us away, with a record year of engaging people in mental health education and raising much needed funds for mental health,*" said founder and CEO of The Push-Up Challenge, Nick Hudson.

"*Our participants sparked hundreds of thousands of conversations about mental health every single day of the Challenge, helping us improve Australia's mental health literacy while also breaking down the stigma attached to mental illness. I couldn't be prouder of our efforts to let Australians who might be struggling, know that they can reach out and receive the support they need without judgement.*"

Now in its ninth year, the Challenge has brought together over 1.1 million Aussies of all ages, abilities and walks of life to get fit, have fun and do something positive for their mental health, raising over $64 million for Australian mental health charities.

This year, individuals, workplaces, schools and clubs around the country took on 3,214 push-ups each to honour the lives lost to suicide in Australia in 2023. 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.

headspace National Youth Mental Health Foundation CEO, Jason Trethowan, said funds raised by The Push-Up Challenge will make a big difference to the mental health of young Australians: "*It's been incredible to see so many Australians come together during The Push-Up Challenge to raise awareness for youth mental health. Thank you to everyone who has participated and donated to headspace — the awareness raised and conversations sparked over the past 23 days go a long way in reducing stigma and reminding young people that support is always available.*"

"*Funds raised through The Push-Up Challenge will help headspace continue expanding our services, reaching more young people and families across the country with early support that can change, and even save, lives. We're grateful to every participant, donor and organiser for showing your support for youth mental health.*"

Lifeline Australia Chair, Professor Steve Moylan, agreed: "*Efforts like The Push-Up Challenge remind us of the power of community, and Lifeline was honoured to once again be a partner and beneficiary of this year's event. We are incredibly grateful to everyone who pushed for better mental health.*"

"*The funds raised ensure we can continue to support Australians through every challenge. They enable us to adapt and grow, so anyone seeking help receives the right support at the right time, in ways that work best for them.*"

To learn more about The Push-Up Challenge, make a donation for better mental health or register interest for the 2026 event, visit www.thepushupchallenge.com.au. Online donations remain open.

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IMAGES AND VISION of the best, most crazy and most skilled push-ups HERE.

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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 Australia's largest mental health and fitness event. The Challenge is a fun way for participants to connect with one another, get fit, and learn about mental health. Since its inception, the Challenge has seen over 1.1 million Australians take part, raising over $64 million for Australian mental health charities. 2025 marks The Push-Up Challenge's ninth year in Australia and second in Canada. For more information, visit www.thepushupchallenge.com.au.

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