



3,214 push-ups in 23 days: Are you up for the Challenge, Australia?

- Registrations are now open for The Push-Up Challenge, taking place across Australia from 4-26 June 2025.
- Australians are encouraged to get fit, have fun and make a difference to mental health while completing 3,214 push-ups and raising money for Lifeline, headspace and Push for Better Foundation.
- To register and get involved in the push for better mental health, visit thepushupchallenge.com.au

MEDIA RELEASE: 15 APRIL 2025: Australia's largest mental health and fitness event, [The Push-Up Challenge](https://thepushupchallenge.com.au), is back for its ninth year in 2025, encouraging Australians to push for better mental health.

Participants will take on 3,214 push-ups across 23 days in June, to remember and honour the 3,214 lives lost to suicide in Australia in 2023.

From 4 to 26 June, hundreds of thousands of Australians from all ages and walks of life will participate in the event which engages people in mental health through connection, physical activity and education.

Founder of The Push-Up Challenge, Nick Hudson, said, "*The Push-Up Challenge is a fun and accessible way to improve your fitness, learn about mental health and connect with friends, family and community, all while honouring the lives tragically lost to suicide.*"

"Mental health challenges will affect nearly everyone at some point in their lives. The Challenge aims to reduce the stigma surrounding mental illness through education, and encourage Australians to take a more proactive approach to their fitness and mental wellbeing."

The Push-Up Challenge is a free event, and participants can choose to fundraise and support beneficiary partners Lifeline or headspace, or the charity which runs the event, The Push For Better Foundation. Fundraising is an optional part of the event.

"The Push-Up Challenge prides itself on bringing together three of Australia's major mental health charities with one common goal. With The Push For Better Foundation's focus on mental health education, Lifeline's 24-hour crisis support and suicide prevention services, and headspace's early intervention services for young people, we'll work together to engage Australians in a holistic conversation about mental health," commented Hudson.

In 2024, over 218,000 participants completed over 317 million push-ups and raised over \$12 million for mental health.

A 2024 [study](#) by The University of Melbourne found that The Push-Up Challenge has significant behavioural change on its participants, with them experiencing significant improvements in mental wellbeing, resilience and social connection following the Challenge. It also found that The Push-Up Challenge helps participants who may be experiencing a mental health challenge, with significant reductions in the severity of depression and anxiety symptoms immediately following the event and three months afterwards, highlighting the lasting benefits of movement and community for mental health.

Following the Challenge, participants who reported experiencing a mental health problem were over twice as likely to seek help (including help from a health professional, family member, friend, digital support group or by taking medication), and over three times as likely to adopt self-care strategies such as doing more exercise, spending time in nature, connecting with a friend or family member or spending time with a pet.

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Throughout the Challenge, participants of all ages and abilities push-up while learning about mental health, with the number of daily push-ups changing to reflect a vital mental health fact.

If completing 3,214 push-ups feels out of reach, participants can set their own push-up goal or choose exercise alternatives such as sit-ups, squats or tailored exercises, with progress tracked through a dedicated app.

The Push-Up Challenge 2025 will run from 4 to 26 June. You can register for The Push-Up Challenge as an individual, team, or get your whole workplace, club, gym or school involved at www.thepushupchallenge.com.au.

-ENDS-

IMAGES AND VISION of the best, most crazy and most skilled push-ups [HERE](#).

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. 2025 will mark The Push-Up Challenge's ninth year in Australia and second in Canada. The Challenge is a fun way for participants to connect with one another, get fit, and learn about mental health, with participants encouraged to raise money for mental health charities. The event is free to take part in and will run from 4 to 26 June 2025 in Australia. For more information and to register, visit www.thepushupchallenge.com.au.

About Lifeline

For over 60 years, Lifeline has been connecting with Australians, offering free and confidential one-to-one crisis support for people who are feeling overwhelmed or having difficulty coping.

As well as operating the 13 11 14 telephone line within 43 Centres around the nation, the organisation also delivers 24/7 crisis text, webchat and a Support Toolkit. Lifeline responded to over 1.4 million requests for support in 2024, creating an average of 120 safety plans a day to keep a person experiencing suicidal ideation safe. You can speak to a Lifeline Crisis Supporter over the phone on 13 11 14, via text on 0477 131 114, chat online at lifeline.org.au/crisis-chat or self-manage what you're going through with their Support Toolkit at toolkit.lifeline.org.au. All services are available 24/7

About headspace

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25-year olds. Each year, headspace helps thousands of young people access vital support through our headspace services in 169 communities across Australia, our online and phone counselling services, our vocational services, and our presence in schools. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. For locations of headspace services, as well as factsheets and resources for young people and their families and friends, please visit the headspace website: headspace.org.au

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