



## **150,000 Australians complete over 190 million push-ups, raising a massive \$9.8 million for mental health**

**MEDIA RELEASE: JULY 2022:** Australia's largest mental health and fitness event, [The Push-Up Challenge](#), has motivated Australians to collectively complete over 190 million push-ups in the month of June and raise over an incredible \$9.8 million for mental health.

The event, which took place over 24 days, saw over 150,000 Australians each aim to complete 3,139 push-ups. 3,139 tragically represents the lives lost to suicide in Australia in 2020.

Now in its sixth year, The Push-Up Challenge aims to bring people together to get fit, learn about mental health and help raise critical funds for mental health services in Australia.

Founder of The Push-Up Challenge, Nick Hudson, said the 2022 event exceeded all expectations.

*"Watching thousands of people around the country take part in The Push-Up Challenge each year never fails to blow us away. From school kids using the Challenge as a vehicle to passionately teach each other about mental health, to 80+ year olds raising funds for mental health and keeping fit through push-ups, The Push-Up Challenge truly brings Australians together. The sense of support we witness in the community makes me so proud."*

*"While mental health can be hard to talk about, it's something that everyone is likely to encounter at least once in their lifetime. The more we normalise conversations about mental health and suicide through initiatives like The Push-Up Challenge, the more we can break down the stigma associated with mental ill-health and encourage those who need help to seek it early."*

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 statistic.

Whilst fundraising is an optional part of the event, participants have raised an incredible \$9.8 million for beneficiaries Lifeline, Movember and The Push For Better Foundation, making a real difference to mental health and suicide prevention.

Colin Seery, Lifeline Australia CEO said, *"Once again, The Push Up Challenge has shown us just how generous and just how committed people are to raising funds and awareness for mental health."*

*"The funds raised will have a huge impact, and it goes straight into making sure we can answer the phone, text or webchat services any time someone puts their hand up for help."*

Rachel Carr, APAC Country Director at Movember, said *"Our arms might be sore, but our hearts are certainly full after seeing so many Mo Bros and Mo Sisters across the country, flexing some muscle and pushing for better mental health this month. Shining a light on the 3,139 lives lost to suicide in 2020 and raising some much-needed funding for mental health and suicide prevention programs. We know that suicide is an incredibly complex issue, but one that's also largely preventable. By improving overall mental health, strengthening resilience, and building stronger social connections we can help reduce the risk. That's why we invest in a wide range of mental health programs that focus on early intervention. Helping to reduce mental health stigma, start meaningful conversations, and give men the tools and knowledge they need to get through challenging times, and live happy, healthy lives."*

To learn more about The Push-Up Challenge and make a donation for better mental health, visit [www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au). Donations remain open until Friday 8 July.

**-ENDS-**

**IMAGES AND VISION** of fun, quirky and extreme 2022 Pushuperers [HERE](#).

### **About The Push-Up Challenge**

Founded by Nick Hudson in Perth in 2017, The Push-Up Challenge (TPUC) began as a challenge between four friends and has grown to become Australia's largest fitness-based mental health event. The Challenge asks individuals to complete 3,139 push-ups over 24 days in June, to raise awareness about mental health and suicide. TPUC is a fun way for Australians to connect with one another, get fit, and learn about mental health, with participants encouraged to raise money for Lifeline, Movember or The Push For Better Foundation. The free event runs from 1-24 June 2022. For more information and to register, visit [www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au)

### **About Lifeline**

For 59 years, Lifeline has been connecting with Australians in need through crisis support and suicide prevention services – bringing hope and help to people anytime, anywhere. Through phone, text and online chat, Lifeline is available 24 hours a day, seven days a week to listen without judgement to any person in Australia who is feeling overwhelmed, experiencing crisis or longs to be heard. The Lifeline network includes 41 Centres in metropolitan, rural and remote areas across the nation. There are over 10,000 volunteers and 1,000 employees working to ensure that no person in Australia has to face their darkest moments alone. Lifeline centres also deliver accredited education and training programs focusing on suicide awareness and prevention as well as community-based suicide prevention initiatives, including support services for those impacted by suicide. Lifeline is available to help. Phone 13 11 14 (24/7), text 0477 13 11 14 (24/7) or chat at [www.lifeline.org.au/crisis-chat](http://www.lifeline.org.au/crisis-chat) (24/7).

### **About Movember**

Movember is the leading charity changing the face of men's health on a global scale, focusing on mental health and suicide prevention, prostate cancer and testicular cancer. The charity raises funds to deliver innovative, breakthrough research and programs that enable men to live happier, healthier and longer lives. Committed to disrupting the status quo, millions have joined the movement, helping fund over 1,250 projects around the world.

In addition to tackling key health issues faced by men, Movember is working to encourage men to stay healthy in all areas of their life, with a focus on men staying socially connected and becoming more open to discussing their health and significant moments in their lives. Movember's vision is to have an everlasting impact on the face of men's health.

Funds donated to Movember through The Push-Up Challenge will help deliver life-saving men's mental health and suicide prevention tools and programs across Australia to stop men dying too young. To learn more about Movember, please visit [Movember.com](http://Movember.com).

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