



PARTICIPANT STARTER GUIDE

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PUSH
FOR BETTER
Foundation



Lifeline



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Welcome to The Push-Up Challenge 2022



3,139 push-ups. 24 days. June 1 - 24.

Congrats on signing up to push for better mental health

We are very grateful to have you involved as we #PushForBetter mental health and raise awareness of the 3,139 Australians who died by suicide in 2020 (Source: ABS).

The Push-Up Challenge aims to raise awareness, raise funds, foster connection and get everyday Australians engaged in mental and physical health in a fun and unique way.

Our event is for just about everyone. Participants can aim for 25%, 50%, 75%, or 100% of the target and you can spread out your push-ups across the day. Alternatives to push-ups such as sit-ups, squats or tailored exercises are welcome and encouraged.

This guide will help you get the most out of the event. We have loads of fun things like a Spotify playlist, #PushUpOfTheDay, exercise training guides, fundraising tips and a private Facebook group which we hope you enjoy.

The fundraising component of the event is optional but a great opportunity to support mental health. We are so proud to be supporting Lifeline, Movember and The Push For Better Foundation to raise critical funds, to increase awareness and to improve mental health and suicide prevention in Australia.

Once again, great to have you on board.

Nick Hudson

Chief of Push-Ups

#PushForBetter

One in five Australians will experience mental ill health this year.

Only 46% of people will seek help.

Nine Australians die by suicide every day.

3 in 4 people with a mental illness develop symptoms before age 25.



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MAKE A DIFFERENCE TO MENTAL HEALTH AND SUICIDE PREVENTION



Lifeline provides all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services anytime, anywhere.

www.lifeline.org.au



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Movember is a leading charity changing the face of men's health on a global scale. Funds raised will help deliver life-saving men's mental health and suicide prevention tools and programs across Australia to stop men dying too young.

www.movember.com



PUSH FOR BETTER Foundation

The Push For Better Foundation runs The Push-Up Challenge and aims to improve the mental health of Australia by building knowledge, connection and mental fitness.

www.thepushupchallenge.com.au/pushforbetterfoundation



HOW TEAMS & COMMUNITIES WORK



How teams work

Being a part of a team is optional. That's completely up to you. We have included information on this below, just in case you're interested or are already in one.

Within teams, participants can have their own push-up targets based on their abilities.

So, for example, one team member can aim for 25% of the 3,139 target, another team member can aim for 50% and a third team member can aim for 100% whilst being together in the one team.

Teams will also receive virtual trophies on the app for team push-up achievements e.g. 500 push-ups, 1,000 push-ups, 2,000 push-ups etc.

We recommend teams of up to 10 people

We recommend a maximum team size of 10 people. Keeping it at 10 or less helps members maintain accountability and a good vibe.

Communities

A Community is a collection of teams. These are great for large workplaces, gyms, schools, unis or clubs where more than 10 people are expecting to take part.

If you're in a Community, be sure to check out your Community's page for total push-ups, funds raised and how teams in your Community are tracking.

You need to be a Team Captain to create a Community.



SOME **HANDY INFO** FOR PARTICIPANTS

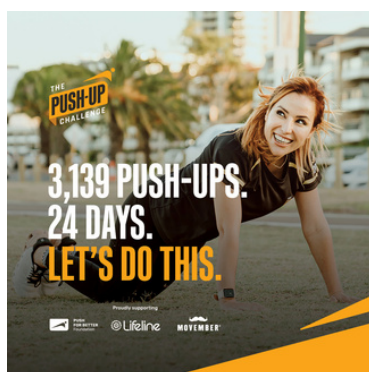
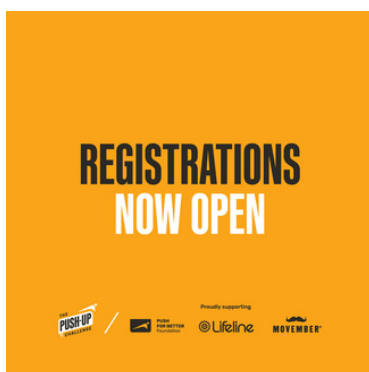


Pre-Event

Email templates, posters and social media assets

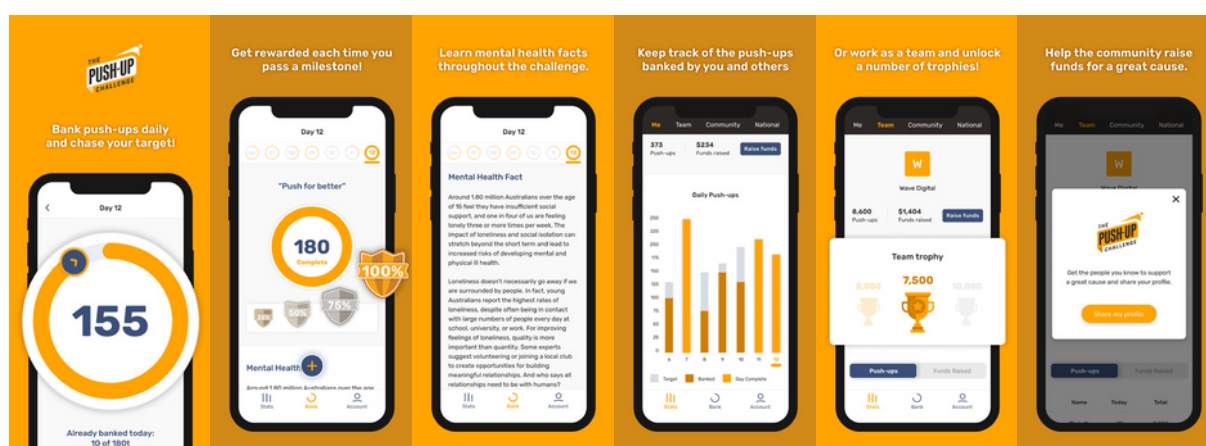
Help us raise awareness and show the world why you #PushForBetter.

There are heaps of sweet resources on our website's [Resources page](#). This handy page is regularly updated with all sorts of goodies and we'll keep you updated as we drop new items in there.



'Push For Better' Phone app

Our phone app will be available to download (iPhone and Android) in May. We will let you know more as the event approaches.



SOME **HANDY INFO** FOR PARTICIPANTS



Merchandise

Want to look the part for the event? Get yourself some sweet event [merchandise](#).



Push-Ups, Exercise Alternatives and Fundraising Tips

Check out 'Get Pushin' on the website for push-up tips and training guides, exercise alternatives and fundraising tips. Closer to the event we will email you with these too.

Need help?

Check out our [FAQs](#) or [get in touch](#) through The Push-Up Challenge website.

Post on socials @pushforbetter

We LOVE seeing your push-ups, hearing about why you #PushForBetter and seeing the event engage thousands of people in mental health across Australia.

Tag us @[pushforbetter](#) and #[PushForBetter](#)

Follow us on

[Facebook](#) / [Instagram](#) / [LinkedIn](#)

Join our private Facebook group

We also have a private Facebook group for encouragement and connection across our push-up legends. [Join now](#).

SOME **HANDY INFO** FOR PARTICIPANTS



During the Event

Daily mental health facts

Our daily mental health facts will be on the app, posted on our socials and uploaded to the website each day.

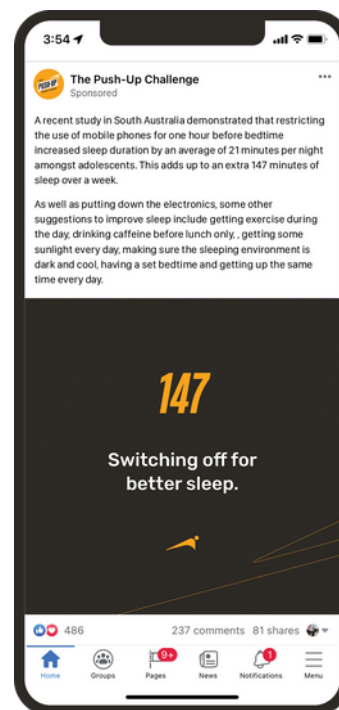
Bank push-ups through the app (or website)

Bank your push-ups on our event phone app, where you can also see the daily mental health tip and Spotify playlist.

Push-ups can also be banked on our website.

We know people work shifts and life gets busy, so you can bank your push-ups for previous days (but you can't bank push-ups on future days).

Note: The maximum amount that can be banked each day is the daily push-up target.



Virtual Badges and Team Trophies

You will get a virtual badge each day when you hit 25%, 50%, 75% and 100% of the target. Yewwww!

For those in a team, you will also receive virtual trophies on the app for team achievements

e.g. 500 push-ups, 1,000 push-ups, 2,000 push-ups etc

Spotify playlist

During the event we release 10 new songs daily to our Spotify playlist to help you stay motivated.

This is also available through our event phone app.

We'll send out details around this closer to the event.

Track your progress

Through the phone app you can track your success and see total push-ups banked and funds raised if you're fundraising. You can see collective achievements if you're in a Team or Community too.

You can also see this on your public profile page and your dashboard on our website.

#PushUpOfTheDay

During the event we regularly feature a #pushupoftheday. Submit your videos and pics by tagging us @pushforbetter and #PushUpOfTheDay!

#PushUpOfTheDay

One of our faves in 2021 was this Aqua-Push by @bradley_dohnt from sunny Exmouth in Western Australia.



SOME **HANDY INFO** FOR PARTICIPANTS



Post Event

Individual certificates

Everyone deserves some recognition. Participants will be emailed a certificate of achievement for push-ups and funds raised following the event.

Celebrate your achievements

That's right, stand loud and be proud. Whether it's posting on your socials or a celebration with those you know, we recommend celebrating your push-ups, the mental health conversations that have been had, your fundraising achievements if you fundraised and the impact YOU made on mental health.

Thank your donors

A personalised thank you goes a long way. Send a personal message, email and/or post publicly on your socials to thank those who donated to mental health and showed their support of you.



FREQUENTLY ASKED QUESTIONS

What's the difference between my Public Profile Page and Personal Dashboard?

Your Public Profile Page is the link you share with your supporters to ask for donations and share your progress.

Your Personal Dashboard includes your achievements and access to your settings. You can change your profile picture and edit your details through your Personal Dashboard, or create a team.

How do I ask for donations?

Just share your unique Public Profile Page link with your supporters. You can also fundraise directly through the app.

People can also enter your name in the search bar on The Push-Up Challenge website to find you that way.

How do I join a team?

All you need to do is go to the team page when you are logged in and click 'join team'.

How do I create a team if I've registered as an individual?

Go to your Dashboard and follow the prompts from there after you've registered.

Can I bank more push-ups than the daily target?

The maximum amount that can be banked each day is the daily push-up target.

This is because we want everyone pushing towards the same goal - recognising and raising awareness of the number of lives lost to suicide in 2020.

I mean we all love push-ups, but we also don't want anyone hurting themselves. It's possible to have too much of a good thing.

We can't wait to push for better on 1st June. Until then, please get in touch **get in touch** with us if you have any queries.





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www.thepushupchallenge.com.au