

THE  
**PUSH-UP**  
CHALLENGE

# HELP US PUSH FOR BETTER MENTAL HEALTH

Take on the challenge from 1 – 23 June and put the spotlight on mental health. **#pushforbetter**

**JOIN US**

Proudly supporting



PUSH  
FOR BETTER  
Foundation



Lifeline



MOVEMBER®

[www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au)