



Pushing for better mental health



This June 1 - 24 we will be taking part in The Push-Up Challenge and would love you to join our community! Over 24 days we will be aiming to complete 3,139 push-ups each. This number represents how many people lost their lives to suicide in 2020.

FAQs

Q. How many push-ups will I have to do?

A. The target is 3,139 push-ups, but you totally have the option to choose your goal, whether that be 100%, 75%, 50% or 25%. Your team captain will be there to encourage you and remember, you can spread them out throughout your day - you don't need to do them all in one hit.

Q. What if I miss a day?

A. No problem! You can make up for any missed push-ups anytime between 1-24 June. We highly recommend not leaving them all to the last week though - ouch!

Q. Can I do the push-ups on my knees?

A. Absolutely! You can do them any which way you like, even standing upright against a wall. You can even sub push-ups out with squats, crunches, dips, steps-ups or anything else your body is happier doing. The aim is to get moving, learn about mental health, foster connection and have fun along the way.

Q. How do I keep track of my push-ups?

A. It's based on an honour system and you can do them anywhere and everywhere. An app will be available where you can log your push-ups as you do them - simple! You'll also be able to see how your team is tracking and spur each other on to reach your goals.

Q. Is there an entry fee?

A. No, but we hope you'll get behind us in supporting Lifeline; they provide Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services anytime, anywhere. You can donate using the QR code below or drop a donation in our charity tin at Health Mates reception.

Q. How do I win?

A. We consider everyone who has a go in the challenge to be a winner, but better still, every entrant who achieves their pledged percentage (ie 25%, 50%, 75% or 100%) will go in the draw to win one of the prizes below. Remember to follow us on Instagram and Facebook and share your push-up pics along the way.

YOU COULD WIN...

- 1 Month Health Mates M'ship (value \$115)
- Personal Training Session (value \$72)
- RWC Gift Card (value \$50)

Q. How do I register?

A. Click below below and then select a team to join. You'll receive an email when the app is ready to download.

[CLICK HERE TO REGISTER](#)
[OR DONATE](#)

#pushforbetter

#healthmatestribе