

# THE PUSH-UP CHALLENGE

**5 - 28 JUNE 2024**

We're pumped to be taking part in this year's Push-Up Challenge and would love to have you on our team to #pushforbetter mental health. This year, participants will sign up to do **3,249** push-ups over 24 days, putting a spotlight on the number of lives lost to suicide in 2022.

Get on board; it's simple, **free to register** and for a great cause.

- Each day an important mental health fact is shared and shapes the daily push-up target.
- There are some rest days (aka catch-up days for some), plus a **mobile app for logging** push-ups.
- Not a push-up fan? No worries, **choose any exercise/s you can count**. Think wall push-ups, squats, bicep curls or even bench press.
- **Do your push-ups/exercises anywhere, anytime**. Just remember to log them on the Push for Better app throughout the day.
- Fundraising is optional, but a great opportunity to support a local non-profit organisation; Headspace Bankstown. The best news is that **Revesby Workers Club has agreed to match dollar for dollar in our fund-raising efforts**, so sign up and help us surpass our \$10,000 target!
- Remember to follow us on Instagram and Facebook and share your pics.
- Want to donate, but not participate? Use the 'join now' button to the right to make your contribution.

**Every dollar  
we raise will  
be matched by  
Revesby  
Workers'**

## PRIZES TO BE WON!

### HIGHEST INDIVIDUAL FUND-RAISERS

- **1st:** 2 month Health Mates membership
- **2nd:** 1 hour Complete Balance Massage valued at \$100
- **3rd:** \$50 RWC gift card

### TEAM WITH THE HIGHEST AVERAGE TOTAL PUSH-UPS

Every person on that team will be in the draw to WIN a

- 1 hour Complete Balance Massage valued at \$100

## SIGN-UP TODAY

- Click the 'join now' button below.
- Choose a team to join (each team is captained by one of staff who are here to cheer you on).
- Complete your registration (remember to choose Headspace Bankstown as your charity).
- Download the Push for Better app.

**JOIN NOW**



*Pushing for better mental health*  
#pushforbetter

