

OUR IMPACT IN 2024



Push-ups

317M



Participants

218K



Funds raised

\$12.3M

Our participants reported improvements in their physical health and mental fitness as a direct result of The Push-Up Challenge 2024.

Over 95% of participants said that The Push-Up Challenge helps to:

- ✓ Destigmatise mental illness
- ✓ Make it easier for people to seek help
- ✓ Facilitate conversations about mental health

PHYSICAL HEALTH



99%

felt fitter and stronger



97%

felt motivated to exercise



96%

felt motivated for future exercise

WELLBEING AND CONNECTION



89%

felt connected



94%

mood was improved



94%

learnt about mental health

CONVERSATIONS ABOUT MENTAL HEALTH



86.5%

had one or more conversations



40%

had two to five conversations



10%

had ten or more conversations

*Based on 6,921 responses to a post-event survey carried out by the Push for Better Foundation.

3,249 PUSH-UPS. 5-28 JUNE 2024.



www.thepushupchallenge.com.au