



3,249 push-ups in 24 days: Are you up for the Challenge, Australia?

- Registrations are now open for The Push-Up Challenge, taking place across Australia from 5-28 June 2024.
- Australians are encouraged to get fit, have fun and make a difference to mental health while completing 3,249 push-ups and raising money for Lifeline, headspace and Push for Better Foundation.
 - To register and get involved in the push for better mental health, visit thepushupchallenge.com.au

MEDIA RELEASE: 16 APRIL 2024: Australia's largest mental health and fitness event, [The Push-Up Challenge](https://thepushupchallenge.com.au), is back in 2024, encouraging Australians to push for better mental health.

Participants will take on 3,249 push-ups across 24 days in June, putting the spotlight on the tragic number of lives lost to suicide in Australia in 2022.

Thousands of Australians from all ages and walks of life participate in the event which engages people in mental health through connection, physical activity and education.

Founder of The Push-Up Challenge, Nick Hudson, said, *"The Push-Up Challenge is a great way to get fit, connect with your community and learn about mental health, all while honouring lives tragically lost to suicide."*

"It's likely everyone will experience a mental health issue at some point in their lives, so by getting involved, we hope to break down the stigma attached to mental illness and help Australians be more proactive about their mental health."

The Push-Up Challenge is a free event, and participants can choose to fundraise and support beneficiary partners Lifeline or headspace, or the charity which runs the event, Push for Better Foundation. Fundraising is an optional part of the event.

"With our focus on mental health education, Lifeline's 24-hour crisis support and suicide prevention services, and headspace's early intervention services for young people, we'll build on our work that engages Australians in a holistic conversation about mental health," commented Hudson.

Colin Seery, CEO of Lifeline Australia said, *"Just like Lifeline's services, The Push-Up Challenge is for everybody. The wonderful thing about the Challenge is how it connects people through exercise, while empowering them with ways they can make a positive difference to their own and others' mental health."*

"We are delighted to continue our partnership with The Push-Up Challenge to encourage Australians to not just talk about their mental health, but take proactive steps to learn how to best support each other and recognise when they might need to put their own hand up for help."

In 2023, over 215,000 participants completed 300 million push-ups and raised over \$14.7 million for mental health.

Jason Trethowan, Chief Executive, headspace said, *"We are proud to partner again with The Push-Up Challenge and Lifeline, working together to ensure young people across Australia know help is always available in tough times."*

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Staying active is an important part of a healthy headspace, and The Push-Up Challenge is the perfect opportunity to get moving, connect with community and help get more people the support they need.

With suicide the leading cause of death for young people in Australia, there's never been a more important time to support the work of headspace, Lifeline and Push-Up Challenge."

Participants of all ages and abilities push-up while learning about mental health, with the number of daily push-ups changing to reflect a vital mental health fact.

And if completing 3,249 push-ups feels out of reach, participants can set their own push-up goal or choose exercise alternatives such as sit-ups, squats or tailored exercises, with progress tracked through a dedicated app.

You can register for The Push-Up Challenge as an individual, team, or get your whole workplace, club, gym or school involved at www.thepushupchallenge.com.au.

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IMAGES AND B ROLL of fun, quirky and extreme Pushuperers [HERE](#).

About The Push-Up Challenge

Founded by Nick Hudson in Perth, Australia in 2017, The Push-Up Challenge (TPUC) began as a challenge between four friends, and has grown to become Australia's largest mental health and fitness event. 2024 marks TPUC's eighth year in Australia and first in Canada. TPUC is a fun way for participants to connect with one another, get fit, and learn about mental health, with participants encouraged to raise money for mental health charities. The event is free to take part in and runs from 5-28 June 2024 in Australia. For more information and to register, visit www.thepushupchallenge.com.au.

About Lifeline

For over 60 years, Lifeline has been connecting with Australians in need through crisis support and suicide prevention services operated through its national network of 43 centres, delivering the 13 11 14 telephone line as well as a 24/7 crisis text, webchat service, the disaster recovery line 13HELP and the online Support Toolkit.

The organisation expects to respond to over one million requests for support this year, creating an average of 120 safety plans to keep a person experiencing suicidal ideation safe every day.

You can phone Lifeline to speak to a Crisis Supporter on 13 11 14, text 0477 131 114, chat to Lifeline online or access the Support Toolkit to self-manage what you're going through at www.lifeline.org.au (all services are available 24/7).

About headspace

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25-year olds. Each year, headspace helps thousands of young people access vital support through our headspace services in 154 communities across Australia⁽¹⁾, our online and phone counselling services, our vocational services, and our presence in schools. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. For locations of headspace services, as well as factsheets and

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resources for young people and their families and friends, please visit the headspace website:
headspace.org.au

^[1] As at December 2023 and inclusive of licensed headspace centres, satellites and outposts

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