

**Register**



Proudly supporting  
 **Lifeline**

<https://bit.ly/3d1Otf1>

Lifeline connects with Australians in need through crisis support and suicide prevention services – bringing hope and help to people anytime, anywhere. We currently receive over 3,000 calls for help from Australians in crisis, every single day. That's one call every 30 seconds!

Support Lifeline Australia in 2021, by participating in Australia's largest fitness-based mental health event, **The Push-Up Challenge**.

## Engage your workforce in mental and physical health. Take on the challenge June 1 - 25

### Promote employee wellbeing

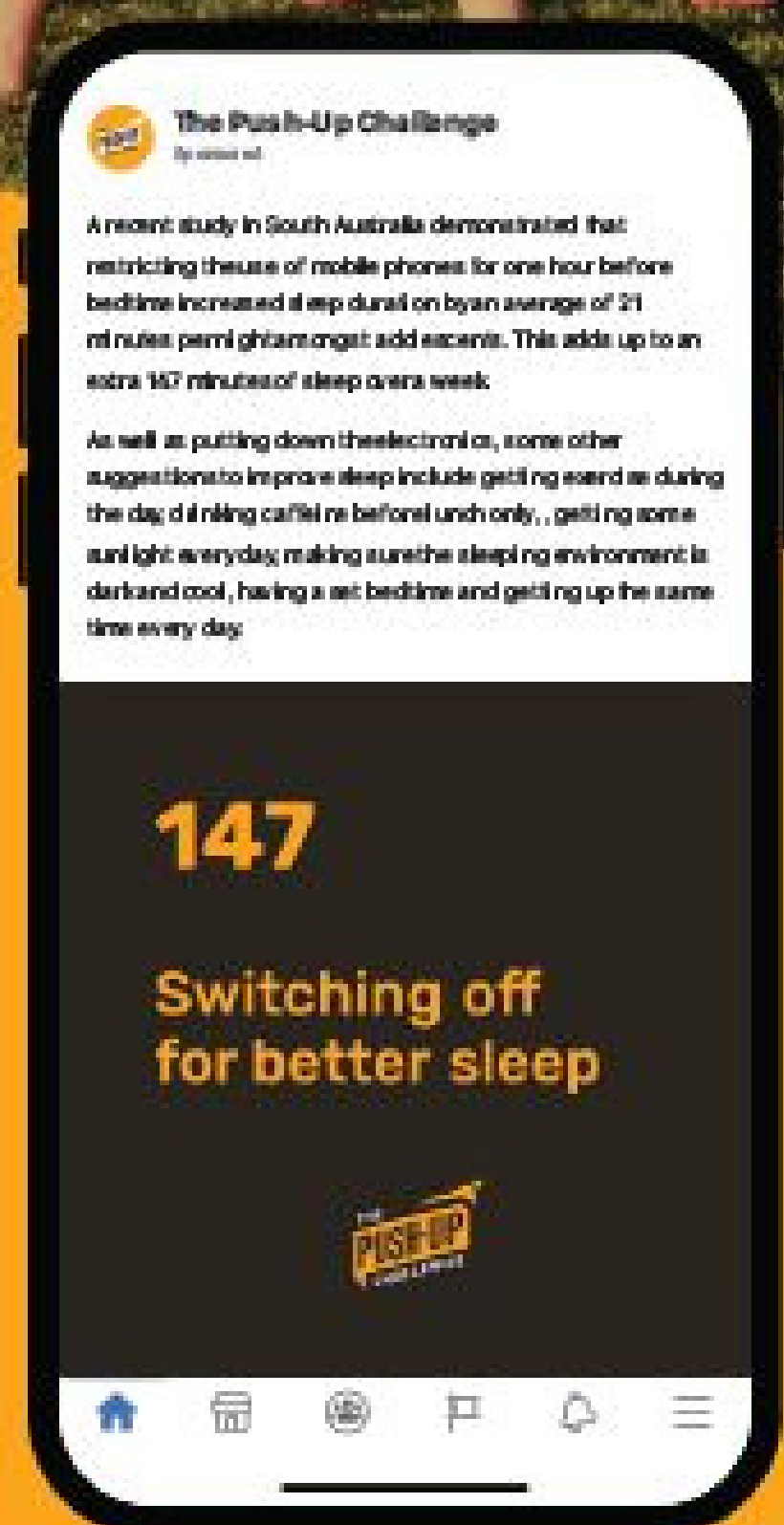
- Have fun exercising and learn about mental health
- Track push-ups through our app or website
- Aim for 25%, 50%, 75% or 100% of the daily push-ups
- Exercise alternatives are welcome

### Foster connection

- Employees connect with workmates virtually and/or at work
- Teams receive badges for achievements
- Track your organisation's success through our app or website

### Learn about mental health

- Raise awareness of the 3,318 Australians who died by suicide in 2019 (ABS)
- The push-up target changes daily & reflects a mental health statistic
- Facilitates conversations about mental health



**2020 by the numbers**



**121m**  
Push-ups



**130k**  
Participants



**\$5.1m**  
Raised

As part of this free event participants have the opportunity to raise funds for Lifeline Australia and promote mental health. Fundraising is optional but a great chance to support critical mental health services. For more information and to register your organisation respond to [sarah.wade@lifeline.org.au](mailto:sarah.wade@lifeline.org.au)

**3,318** / **25**  
PUSH-UPS / DAYS

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