



# PARTICIPANT STARTER GUIDE



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# WELCOME TO THE PUSH-UP CHALLENGE

**The Push-Up Challenge is all about the push for better mental health.**

You've signed up to do something great for your mental health and that of Australia – nice work legend. Plus, you're about to get fit, have fun and have lots of chats with your mates along the way.

You'll aim to complete 3,249 push-ups over 24 days, which tragically, represents the 3,249 lives lost to suicide in 2022.

With your help, we can make a difference, and ultimately reduce this number.

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



# NEED TO KNOWS



## 1. Download the app

Download the Push for Better app to log push-ups and receive updates and info from us.



## 2. Recruit

Rally the crew and get your friends, family, and work colleagues on board. The more the merrier.

## 3. Practice

Squeeze in a push-up or two before the event kicks off to get those muscles primed. Check out our training program and other exercise **resources**.

## 4. Push-up time: 5-28 June

Time to push for better. You'll aim to complete the daily push-up target inspired by an important mental health fact which will be shared from 5 to 28 June. Sundays are rest days, or a time to play catch up if you need. Stay tuned via the app, our website or our socials for daily push-up targets and loads of mental health info.

## 5. Chats and banter

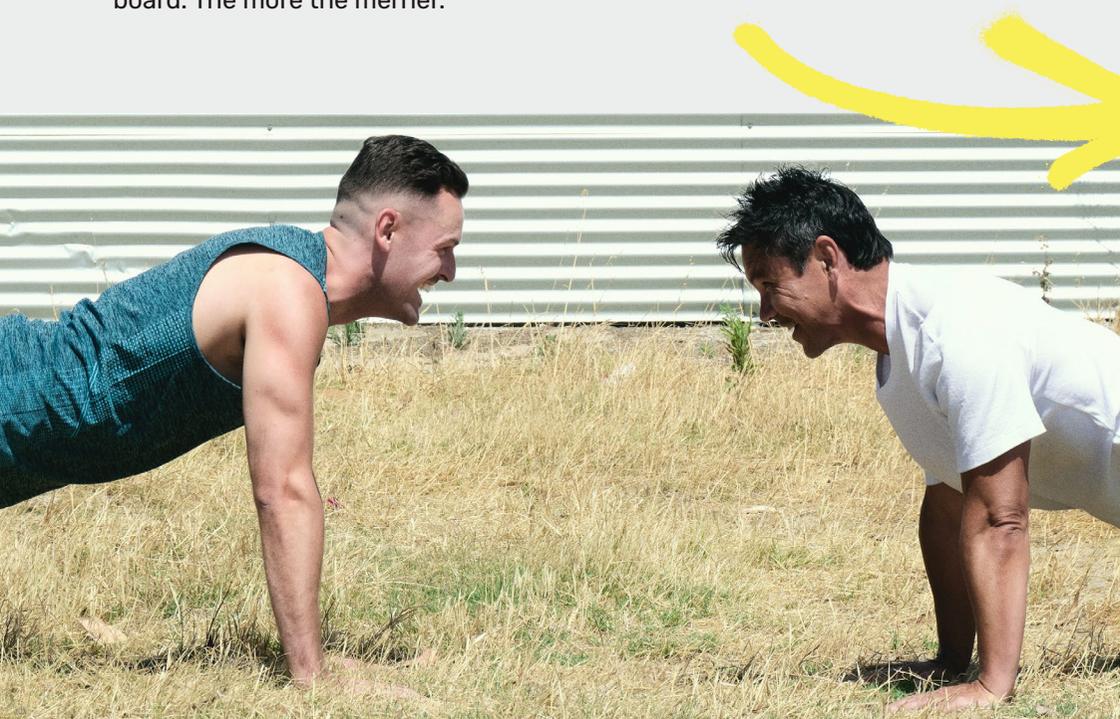
The mental health facts will give you lots of opportunity to talk about this important topic. Chat by chat we can reduce the stigma around mental health.

## 6. Fundraise

Every little bit counts, so if you're able and willing it would be great to get you raising funds for our charity partners. This is optional, but a great opportunity for you and your crew to support mental health.

## 7. Have fun doing good

Better health and mental wellbeing for everyone. That's what The Push-Up Challenge is all about. Enjoy moving your body, learning about mental health and being part of the push for better.



# THE NUTS AND BOLTS



## Push-ups. Or other.

We don't mind how you or your crew push. Even if you pass on the push-ups and choose to do sit-ups, squats, lunges or something else, the main goal is to be part of the push for better mental health.

## Target

You can aim for the full 3,249 target, or choose the half target instead which is 1,625. The app will automatically set your daily target based on the option you choose.

## App

Use the app to log your push-ups each day, track your crew's push-up progress and get notified about donations. It's got a bunch of other features and info to support your challenge, including the option to bank for previous days if you've fallen a bit behind.

## Mental Health Facts

Check out our daily mental health facts that will be uploaded on our app, socials, and website for each day of the event.

## Fundraising

Reach out to your friends, family, and wider community for donations. Check out the templates, fundraising tips and social tiles on our **website**, or download our **Fundraising and Engagement Pack** for some inspo.

## Your dashboard

This is where you manage your profile, team or community. You can set a fundraising target, share your 'why' and upload a profile pic.

## Website

Our website is your go-to for event information, resources, FAQs, your dashboard and how to get in touch if you need to ask us a question. You can also log push-ups here if you don't have the app.

## Resources

Check out the **Resources page** on our website for handy resources like email templates, posters, social tiles, exercise guides and more.

## Merch

Get yourself some sweet event **merchandise** and look the part for the event.

## Social media

Follow us on **Facebook**, **Instagram** and **LinkedIn**. Be sure to tag us in your posts and use #pushforbetter so we can follow along on your push-up journey.

## Share with us

Use the form on our website to **send us your photo** or video for your chance to win #PushUpOfTheDay and The Pushies.

## Tunes

We release 10 new songs daily to our **Spotify playlist** to help you stay motivated.

## Support

We're here to support you and your Team. Check out our **FAQs** or get in touch through our **website** if you have any questions.

# TEAM AND COMMUNITY INFO

You can push for better as a solo participant, in a Team or in a Community. Create or join a Team or Community from your dashboard at any time.



## Community

A Community is a collection of Teams. These are great for large workplaces, gyms, schools, unis or clubs where more than 10 people are expecting to take part.



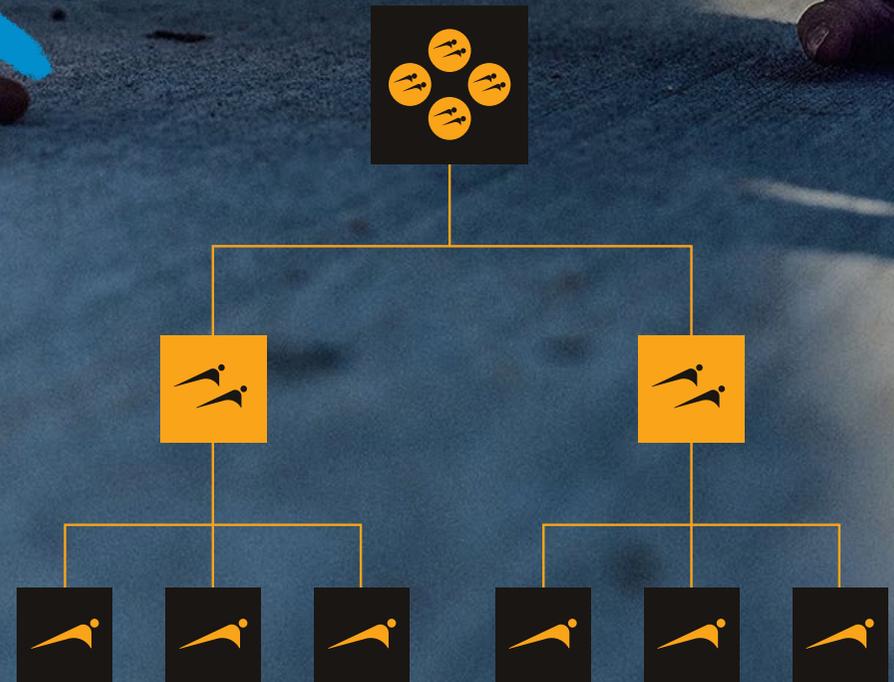
## Team

Being part of a Team is a great way to connect with your friends, family, or colleagues. We recommend a maximum Team size of 10 people, which helps teammates maintain accountability and a good vibe.



## Solo

Anyone can do the challenge as a solo participant. They'll have the support of the entire push-up crew behind them.



# FUNDRAISING



Fundraising is a great opportunity to make a difference for mental health. We are so proud to be supporting Lifeline, headspace, and Push for Better Foundation to raise critical funds, increase awareness and improve the mental health of Australia. You can support one of our charity partners if you choose to fundraise as part of your challenge.



Lifeline provides all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services anytime, anywhere. [www.lifeline.org.au](http://www.lifeline.org.au)



headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25-year olds.

[www.headspace.org.au](http://www.headspace.org.au)



The Push for Better Foundation runs The Push-Up Challenge and aims to improve the mental health of Australia by building knowledge, connection and mental fitness.

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

## OUR TOP 3 FUNDRAISING TIPS

### 1. Create a Facebook Fundraiser

You could raise almost double the funds by setting up a Facebook Fundraiser. Follow the prompts on your dashboard to get set up.

### 2. Donate to Yourself

Start things off by donating to yourself to get closer to your goal. People who support themselves are more likely to raise additional donations.

### 3. Ask your family for donations

Send the links from your dashboard via text or email to your family and friends asking for them to support you. Mention why you are taking part and why they should support mental health.

Check out our [website](#) for more tips.





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**GOT QUESTIONS? VISIT OUR WEBSITE.**

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

