

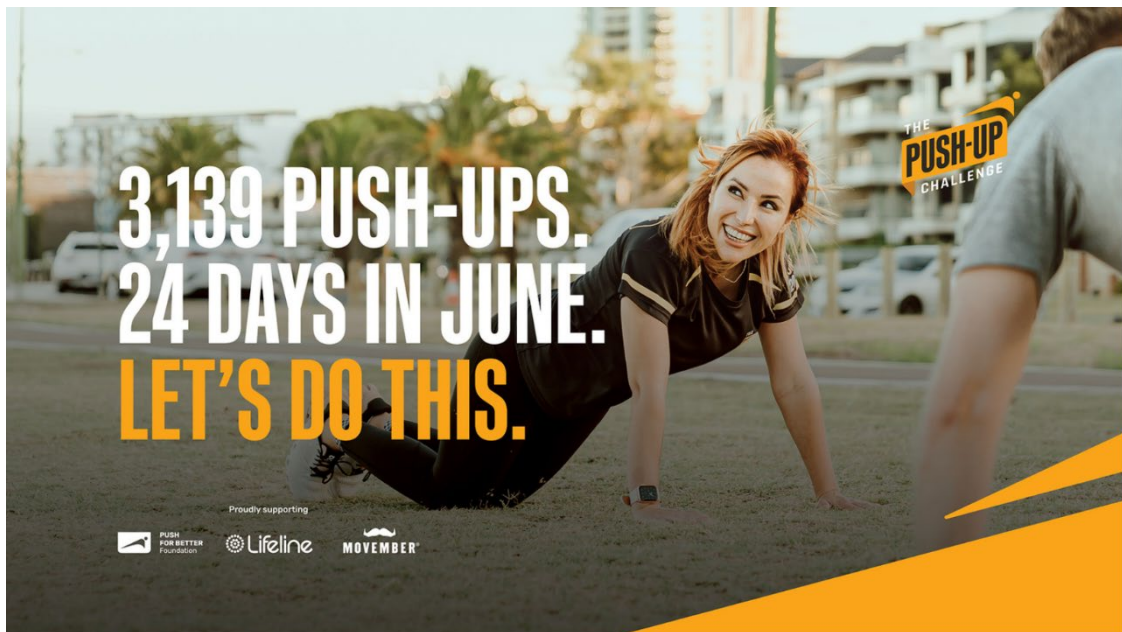


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27 May 2022

The Push-Up Challenge 2022 – Push For Better Mental Health



1st June 2022 – 24th June 2022

Rally a team together to get fit, have fun and learn about mental health by taking part in **The Push-Up Challenge 2022** from the 1st-24th June.

The goal is 3,139 push-ups across 24 days in June to represent the number of Australians who took their own lives in 2020 and shine a spotlight on mental health. Does 3,139 push-ups sound extreme? All levels of fitness are welcome and each member of your team can aim for 25%, 50%, 75% or 100% of the push-up target.

Not keen on push-ups? Exercise alternatives such as squats, lunges, stairs or tailored exercises are also welcome and contribute to the overall goal. These exercises can be done just about anywhere and you can spread them out over the day. It's important we use good form throughout our challenge so if you need some help these guides are a great place to start:

[How To Push-Up Guide](#)

[How To Alternative Exercise Guide](#)



Download the 'Push for Better' app where you will bank your push-ups and see how your teammates are going.

The daily push-up target changes each day to reflect a vital mental health statistic, so you'll learn about mental health every day. Make sure to keep an eye out for the customised emergency services mental health message delivered by one of our very own emergency services personnel.

Fundraising is an optional part of the event but a great opportunity to support mental health in Australia. You can share your link after you sign up solo or after you join a team. Funds are used to support this years charity partners which are Lifeline and Movember, two providers of critical mental health services.

Join us as we Push for Better Mental Health.

To get involved:

1. Go to our Community page [The Push Up Challenge - DFES Community](#)
2. Create or join a team of up to 10 people within our Community
3. Spread the word and get others involved
4. Start prepping yourself
5. Download 'Push for Better' app
6. 1st to 24th June: Get Pushin'

Event Contact:

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SIGN-UP FOR THE PUSH-UP CHALLENGE



RICHARD BURNELL
EXECUTIVE DIRECTOR CORPORATE SERVICES