



DFES General Circular No: 72/2024

File: D23218

31 May 2024

The Push Up Challenge 2024 – Push For Better Mental Health



Join forces with your colleagues for a meaningful cause while boosting your fitness and broadening your understanding of mental health with The Push-Up Challenge, taking place from 5-28 June.

This year, we're embarking on a mission to complete 3,249 push-ups over 24 days in June, each one representing an Australian life lost to suicide in 2022, and to cast a light on the importance of mental health awareness.

Don't be daunted by the number 3,249; there's room for creativity! Feel free to mix it up with different exercises or aim for half the goal if that feels more achievable. Need some motivation or guidance on varying your routine? Our comprehensive guides are the perfect starting point to prepare you for the challenge ahead.

[How To Push-Up Guide](#)

[How To Alternative Exercise Guide](#)

[Training Guide](#)



Download the **'Push for Better' app** to keep track of your progress and stay connected with your team's achievements. Watch out for the daily targets and the significant mental health statistics they symbolise, all while accessing a wealth of mental health resources within the app.

While fundraising isn't mandatory, it's a fantastic way to contribute to mental health initiatives in Australia. Once you register individually or as part of a team, you'll receive a link to share with friends and family.

Your efforts will bolster the vital work of this year's beneficiaries, Lifeline and Headspace, who are at the forefront of providing essential mental health services. Join us as we push for change together!

To get involved:

1. Go to the [DFES Community page](#)
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. 5-28 June: Get Pushin'

For more information, please contact Scott Goodin, Physical Wellness Coordinator on scott.goodin@dfes.wa.gov.au

SIGN-UP FOR THE PUSH-UP CHALLENGE



MATTHEW WATSON
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