

CORPORATE INFORMATION PACK 2022



Support Lifeline Macarthur and Western Sydney
Scan the QR code to register or click [here](#)



Proudly supporting



**3,139 PUSH-UPS.
24 DAYS IN JUNE.
LET'S DO THIS.**

THE
PUSH-UP
CHALLENGE

Proudly supporting



ENGAGE YOUR WORKFORCE IN MENTAL AND PHYSICAL HEALTH

Promote employee wellbeing

- Have fun exercising and learning about mental health
- Track push-ups through our app our website
- Aim for alternative daily push-up targets
- **Exercise alternatives are also welcome**

Foster connection

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

Learn about mental health

- Raise awareness of the 3,139 Australians who died by suicide in 2020
- **The push-up target changes daily and reflects a mental health statistic**
- Facilitates conversations about mental health



WHY **PUSH FOR BETTER** MENTAL HEALTH?

3,139

lives were lost to suicide in 2020. It is the **leading cause of** death for Australians aged 15-49.

1 in 5 

Australians will experience mental ill health this year and only **46% of people** seek help.

Make an impact through fundraising

Through The Push-Up Challenge your organisation has the opportunity to fundraise for your local **Lifeline Centre - Lifeline Macarthur and Western Sydney**, The Push For Better Foundation, or Movember.

Fundraising is an optional part of the event, our main aim is to engage and educate people in mental and physical health.

Support your local Lifeline Centre

Scan the QR code to register and support Lifeline Macarthur and Western Sydney



THE PUSH-UP CHALLENGE 2021

ACHIEVED GREAT THINGS

240 million push-ups across Australia

174,000 participants

Over 20,000 teams

7,000 workplace teams

\$9 million raised



MENTAL HEALTH IMPACT

As a direct result of **The Push-Up Challenge 2021**, participants reported improvements in their health and wellbeing.

WELLBEING (PHYSICAL & MENTAL)



Felt fitter and stronger

99%



Mood was improved

97%



Were motivated to exercise

98%

LEARNING ABOUT MENTAL HEALTH



Learnt about mental health

97%



Helped destigmatise mental health

98%

CONNECTING WITH OTHERS



Felt connected

94%



Had mental health conversations

92%



Felt it made seeking help easier

97%

LASTING IMPACT



Exercised more

88%



More mindful

96%



More open to talking

94%

End of event survey
14,247 responders

Survey 3 months later
3,274 responders

MARSH PACIFIC

"For our own colleagues, The Push-Up Challenge has created camaraderie and healthy competition amongst teams, and broken down the barriers of mental health."

Research, undertaken by Recovre, part of Marsh, has also shown the benefit of programs to raise awareness and build coping mechanisms."

Wayne Vergano, CFO (2021)

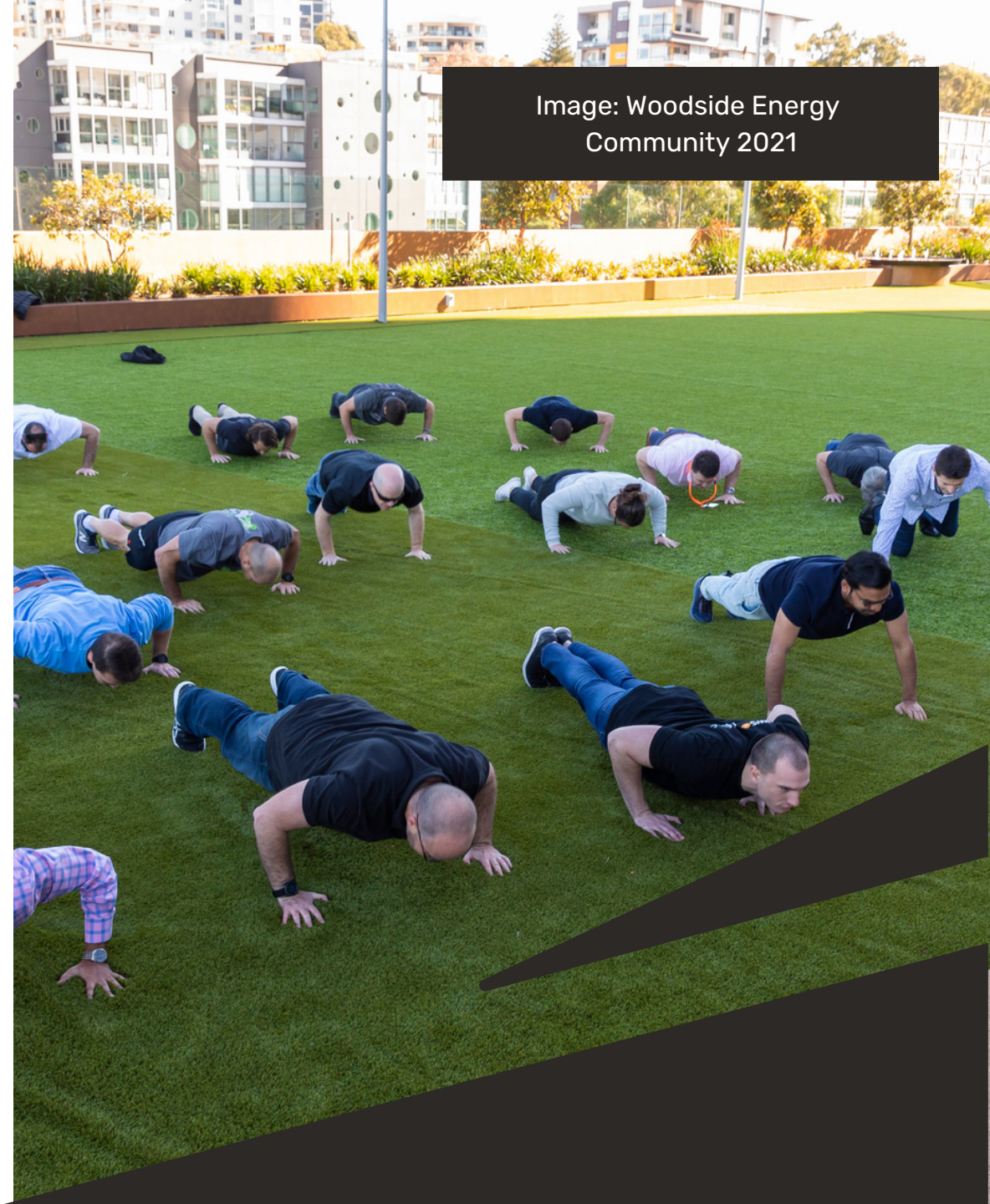


Image: Woodside Energy
Community 2021

IT'S SIMPLE FOR YOUR ORGANISATION TO GET INVOLVED

Taking part in The Push-Up Challenge is free! All you need to do is register and spread the word.

What we do:

Supply you with a Starter Guide, email templates, social media templates and lots of other handy resources to help with event promotion.

Supply resources for participants to share their involvement.

Respond to participant queries.

Almost anything your heart desires (1).

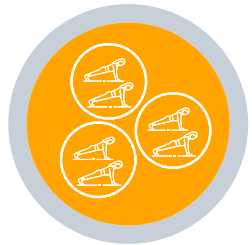
(1) Note, we cannot do your push-ups for you



We look forward to having you involved!

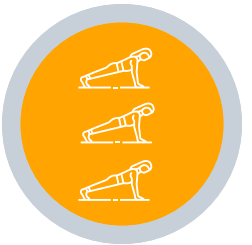
HOW TO REGISTER

Registrations open in April 2022. You can register as a:



Community

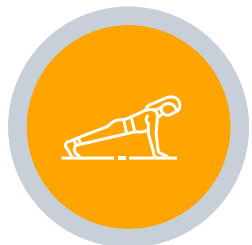
Communities are collections of teams. These are great for large workplaces, schools, gyms, unis or clubs where more than 10 people are expecting to take part.



Team

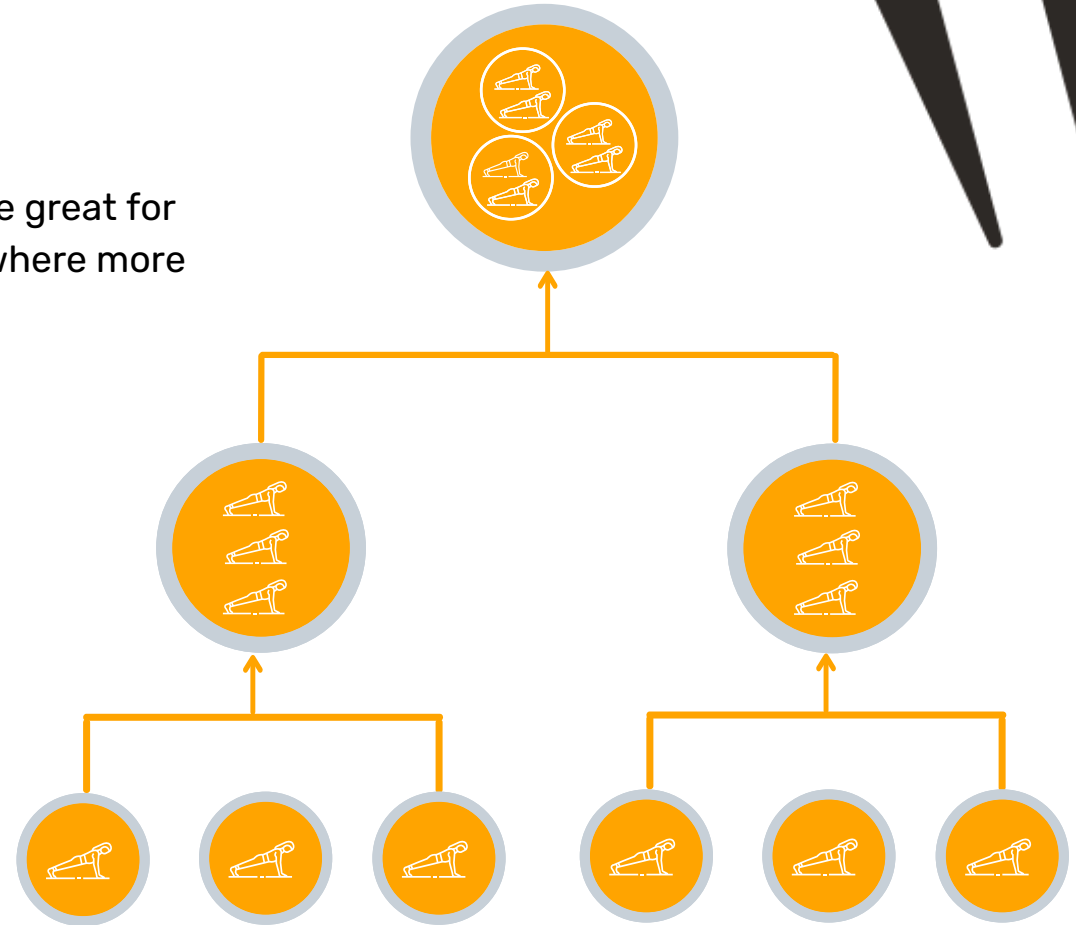
Great for **groups of up to 10 people**.

Note: You can only be in one team at a time.

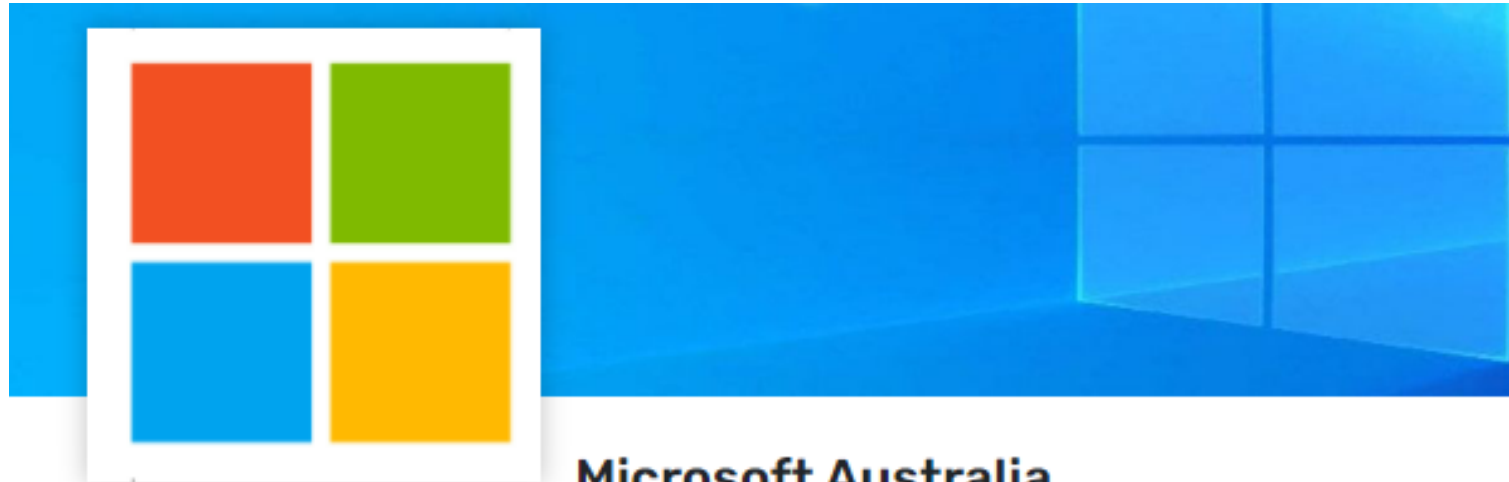


Participant

Anyone can take part (minors must complete a permission form).



EXAMPLE OF THE 2021 MICROSOFT COMMUNITY PAGE



Microsoft Australia

<https://www.countpush.com/community/microsoft-a> [copy](#)

In June, Microsoft Australia is taking part in The Push-Up Challenge. We are going to help shine the spotlight on the number of lives lost to suicide and raise awareness of mental health. You can create a team in this Community, join a team or support someone who is taking part. Help us push for better mental health.

Fundraising for: [Lifeline Australia](#)

Part of Leaderboard: [LARGE ORGANISATIONS](#)

249 legends

450,329 push-ups completed

\$84,904 funds raised

WHAT HAPPENS AFTER I REGISTER?

To register and support
**Lifeline Macarthur and
Western Sydney**
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click [here](#)





Participate at Work

We encourage and support all workplaces to **get involved**.

Posters, email templates, social media tiles will all be provided.

Become a Supporter

Official supporters have access to an extensive toolkit and personalized support to **drive engagement** and participation.

Arrange a guest speaker

We can help you **arrange a guest speaker to talk to your organisation** and get them excited about The Push-Up Challenge 2022.

Dollar Matching

Dollar Matching your crew's **fundraising efforts** goes a long way to show your organisation's support of mental health.



MORE INFO?

**We would love to
chat with you.**



#PUSHFORBETTER

Proudly supporting



**PUSH
FOR BETTER**
Foundation



Lifeline



MOVEMBER®

www.thepushupchallenge.com.au

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