



# WORKPLACES GUIDE





# WELCOME TO THE PUSH-UP CHALLENGE

**The Push-Up Challenge is a unique, fun way for workplaces to encourage better mental health and wellbeing through connection, physical activity and education. Focusing on the mental and physical health of your colleagues will be one of the best things your workplace can do this year.**

## About the Challenge:

- From 5-27 February 2026, participants will sign up to do 2,000 push-ups for the ~2,000 lives lost to suicide each day, worldwide.
- We share an important Mental Health Fact each day of the Challenge, and this shapes the daily push-up target.
- There's a free mobile app which makes it easy to log your push-ups, check the daily target and see how your colleagues are going.
- It's completely free.
- Alternative exercises and smaller targets are welcome.

This guide will help you to engage your workplace in the challenge. The aim is to get as many team members involved as possible so they can learn about mental health, feel more connected to the team, improve their physical and mental health, and help raise funds for mental health.



**2,000 PUSH-UPS. 23 DAYS. 5-27 FEB 2026.**



# HOW TO SIGN UP

Anyone can sign up to participate in The Push-up Challenge as an Individual, as part of a Team, or as part of a Community. Most workplaces will have a Team at the very least, or multiple teams which form a Community.



## INDIVIDUAL

To participate, your Team members will sign up as individuals and join your Team/Community as part of the registration process.



## TEAM

This is a collection of individuals. We recommend around 10 people per Team.



## COMMUNITY

This is a collection of Teams. This is great for large workplaces. You can have as many Teams as you like in a community.

Sign up online and create a Team or Community on behalf of your workplace. We'll then send you a link to invite your workmates to join you.





# HOW TO PARTICIPATE LIKE A PRO



## BEFORE THE CHALLENGE

- ➔ Register your workplace as a Team/Community.  
  
Invite all the branches/offices/team members at your work to join you. Shout it from the rooftops, via email, and at your next team meeting. **Pro tip:** Elect Team Captains and encourage a friendly rivalry between different areas of your workplace.
- ➔ You could even arrange prizes for the top-performing individuals or teams for a little extra motivation.
- ➔ Post on your workplace's social media pages to spread the word about your participation in the Challenge using our social media tiles.
- ➔ Send a reminder to all your team members to register and download the App before the Challenge begins on Feb 5.



## DURING (5-27 FEB)

- ➔ Encourage each Team Captain to print and display a Push-Ups Tally Poster in the office to track progress.  
  
Ask your leadership team if they'd support dollar matching so funds raised by employees can be doubled – a great way to give your workplace culture a boost too.
- ➔ Coordinate a fundraiser in your workplace, like a morning tea or raffle. **Pro tip:** If your workplace has signed up as a Community, why not empower each of your Team Captains to plan a fundraiser?
- ➔ Encourage team members to share their fundraising page link with friends and family to help raise funds.  
  
Share your involvement on social media to spread mental health awareness and raise more funds. **Pro tip:** Encourage your team members to submit creative push-up photos with your product, service or logo in the photo. Offer a prize for the best photo.



## AFTER

- ➔ Thank your team for taking part. Let them know how much you raised as a workplace, and celebrate your amazing collective achievement!
- ➔ Share your final fundraising amount on social media to celebrate the impact you've made on mental health.



**PUSH FOR BETTER**