



CHALLENGE YOURSELF TO PUSH FOR BETTER MENTAL HEALTH

Take on the challenge from February 1 – 23
and put the spotlight on mental health.

- 1 REGISTER** Step one, register on the website as a participant.
- 2 TEAM UP** Having friends involved helps with the motivation and banter. You can join a team, or create a team when you register.
- 3 BIG GROUP** If you have 10+ people, join or create a Community (a collection of teams). This is great for workplaces, gyms, clubs and schools.
- 4 PREPARE** Check out our pre-event training tips for push-ups and other exercise alternatives that you can do instead.



Canadian Mental
Health Association

www.thepushupchallenge.ca / [#pushforbetter](https://twitter.com/pushforbetter)