







# CHALLENGE YOURSELF TO PUSH FOR BETTER MENTAL HEALTH

Take on the challenge from 1 – 23 February  
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](http://www.thepushupchallenge.ca) / [#pushforbetter](https://twitter.com/pushforbetter)