



Push for better mental health

Join The Push-Up Challenge (3–26 June), supporting Lifeline and mental health awareness.

- Complete 3,307 push-ups in 24 days
- Do your best – half target or alternatives welcome (squats, sit-ups, anything goes!)

This challenge also supports Men's Mental Health Week (15–21 June).

Donate or join the Hartfield Park Recreation Team today!

Sign up
or donate
with the
QR code



THE
PUSH_UP
CHALLENGE