

2024/2025

Impact Report



**PUSH
PULL
GIVE**

www.pushpullgive.com

For over 8 years, Push Pull Give has served as a bridge, bringing people from all walks of life together through movement and exercise.

Advancing a stronger, more inclusive community



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Who we are

Like many social enterprises, our origins are rooted in a pressing community challenge. We recognised persistent disparities in health and well-being, particularly among underserved communities.

In response, we embraced fitness as a vehicle for change - one that could empower individuals, strengthen communities, and deliver lasting social impact.



What we do

At-Risk Youths

We work with social service agencies to curate an outreach program that combines calisthenics with group therapy sessions.

Elderly

We partner with Active Aging Centres to train and educate the elderly on proper exercise techniques and also to reduce risk of isolation.

Skill Training

We develop individuals from challenging backgrounds with the knowledge and skill for work in the fitness industry.

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Our impact

49

At-Risk Youths

211

Elderly

2

Traineeship Graduates



“We measure success not only by fitness results, but also by the positive social impact we create.”

Managing Director, Stephanie Chan



Strengthening support for vulnerable youths and seniors

Beyond fitness, we provide a safe and welcoming space where vulnerable groups can grow in confidence, learn valuable life skills, and connect with a supportive community.

This can be especially impactful for those facing challenges, contributing to stronger physical health and improved mental well-being.

Outcome metrics

Key Indicator	Improved Mental & Emotional Well-Being	Improved Physical Fitness	Improved Sense of Inclusion	Improved Goal Orientation
% of Beneficiaries Reported	83%	85%	98%	77%



Socially Fit Traineeship Program

The programme is designed to equip participants with both the knowledge and support needed to grow in the fitness industry. It combines core learning in exercise science, anatomy, and nutrition with hands-on training led by experienced instructors, alongside mentorship and career guidance for freelance opportunities with Push Pull Give.

By opening doors for individuals from disadvantaged backgrounds, we aim to create lasting pathways for growth and opportunity. Beyond gaining skills and employment, participants are empowered to become confident role models who can make a positive difference in their communities.



Advocacy campaigns



23 November 2024

Our second Community Day at Jalan Kukoh was made possible through our partnership with Markel, in support of Beyond Social Services.

The event brought together families, youths, children, and seniors from the nine rental blocks in a meaningful day of connection and giving. For every dollar donated, the same number of pull-ups was matched, raising \$9,400 altogether.

15 December 2024

Through the strong support of everyone who participated, full proceeds from the event will go towards Playeum, helping children in high-need communities benefit from play and the arts. Push Pull Give is deeply grateful to every partner, supporter, and friend who made the event possible, showing once again how collective action can create meaningful impact, one joyful moment at a time.



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Thank you for supporting our social mission



OUR 2024/25 PARTNERS

