

Be Farmstrong Challenge

The 'Five Ways to Wellbeing' can make a huge difference to your life and those around you.

So, we created the Be Farmstrong Challenge as a core part of the FMG Region-Off. It's an idea that is centred around Farmstrong's 'Five Ways to Wellbeing.' International research found that people who thrive have five things in common, they:

1. feel connected with others
2. take notice of the simple things
3. give regularly
4. keep learning
5. are physically active.

Young Farmer teams can embrace their wellbeing, and the wellbeing of those in their community, while also earning points for their region. Here's how:

- 1. Get a group together to clean up a local spot.**
5 points for each bag of trash.
(Take Notice, Connect)
- 2. Help fix a fence.**
15 points per 50 metres fixed.
(Give)
- 3. Get cooking.**
10 points per meal made delivered to a local community group or neighbour. (Proof of meal being made is a must!)
(Give, Connect)
- 4. Garden for golden oldies.**
10 points per garden tended to.
(Give and Be Active, Connect)
- 5. Chop firewood for the community.**
10 points per trailer of firewood for a group that needs it.
(Give and Be Active)
- 6. Donate to your local food bank.**
5 points per visit.
(Give)
- 7. Spend time at your local retirement village**
10 points per visit. Play games or just have a yarn.
(Give and Keep Learning, Connect)
- 8. Trailer driver for a day**
10 points per load when you use a trailer or ute to help someone move, deliver, or clear something.**
(Give)

9. Monument makeover

15 points when you clean or remove graffiti from a local monument (ask your local council first).

(Give)

10. Help a local farmer or lifestyle

15 points each time you visit someone needing a hand with task like drenching, crutching, or feeding out.

(Give, Keep Active)

11. Care for the local caretaker

10 points when you help your school caretaker, or local community groundsman.

(Give, Keep Active, Connect)

12. Help someone do their grocery shop

10 points each time you help that friend with a broken leg, someone who doesn't have a car, or has mobility issues.

(Give, Connect)

13. Check in with a mate

2 points when you check in with a mate and have a cuppa.

(Connect)

14. Share your favourite piece of farm advice

10 points when you get creative, draw a picture or video yourself telling your favourite piece of farm advice.

(Connect)

How to enter? Snap a shot to show you've completed the challenge and:

- email it through to marketing@fmg.co.nz and tell us your team's name and region.
- If you prefer not to have your images shared on FMG social media- please let us know.

We'll then add up your points!

**Must have a legal full license to be able to drive or have a guardian to drive who hold a legal full license.