



Want An Injury-Free Calving Season?



JOIN Fit For Calving!

The *Fit For Calving* is a free online 6-week programme of exercises tailored specifically to the needs of calf-rearers.

Our programme of stretches and conditioning works for women of all physical abilities.

It involves movements that strengthen muscle groups commonly used during the calving.

Not a gym bunny? No worries!

The exercises are designed to be as accessible as possible. You can start at whatever level you are comfortable with. If that's 5 to 10 minutes of exercises a day, great. The aim is to build up to 20 minutes a day by the end so you're ready to go.

Everything you need for these exercises can be found around the farm – cans of food, cast iron pots and chairs.



How to get started

To begin, all you have to do is watch and join in with our 6 exercise videos online. You can access them on your mobile and do them anywhere, anytime that suits – at home, in the milking shed, by the quad.



Have Fun, Meet Others

Fit For Calving is also a great way to connect with other women and have some fun. You'll make new friends and be part of a growing community of women who are getting proactive about looking after their wellbeing.



Join our 'FitForCalving' Facebook page

Let us know you're out there, help us spread the word and share your **Fit For Calving** stories. You'll go in the draw to win some Farmstrong gear.



Check out farmstrong.co.nz

Fit For Calving is being rolled out nationally with support from Farmstrong. To find out about other things you can do to improve your wellbeing visit www.farmstrong.co.nz and look in what works for you.



“ I’m getting involved in **Fit For Calving** because basically every year I come into calving unfit and within a couple of weeks I am hurting so badly. So this year I’m going to be up and ready to go by the time I start feeding those calves and calf rearing. ”

Siobhan O’Malley, *2017 Sharemilker of the Year*



“ Anything that helps women get more mobile so they stay injury free and get stronger before they do all that lifting is a great idea. ”

Rachael Rickard, *sharemilker, Hinds*



“Fit For Calving gets women ready for a very important part of the dairy cycle.”

Nicole Jackson, *farm contractor*
Fit For Calving creator

“Women are often so busy looking after the needs of their families and farms that they often neglect their own wellbeing. **Fit For Calving** has been designed with them in mind.”

Alice Liljeback, *dairy farmer, physio and*
Fit For Calving creator



FIT FOR CALVING supported by Farmstrong

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or for more info

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or visit

farmstrong.co.nz



Find out what
works for you
then **lock it in.**

Sam Whitelock *Farmstrong Ambassador*

Farmstrong is a rural wellbeing
programme sharing farmer-to-farmer
tips and advice.