

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



Founding Partners



Strategic Partners



farmstrong.co.nz



How to live well so you can farm well.

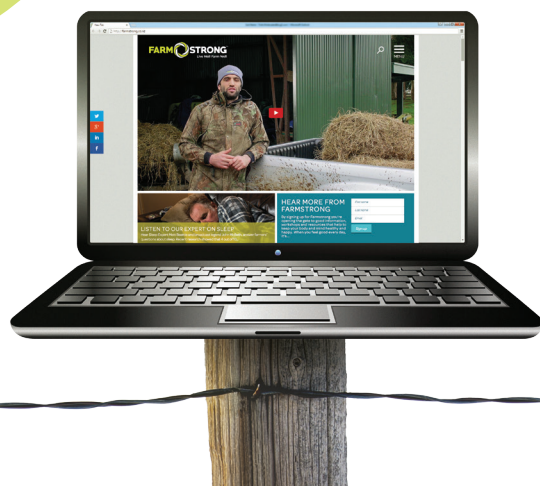
Farmstrong is a rural wellbeing programme created especially for farmers. It shares ways for you to take better care of yourself, so you can take better care of your farm.

It's all about establishing small daily habits that help you to do things like sleeping well, eating well, getting time off the farm or using healthy thinking strategies.

Farmstrong helps you to do this by:

- sharing the most relevant science for improving your health and wellbeing
- sharing stories from other farmers about what's working for them
- supporting events, creating tools and providing resources
- showing you how well farmers are doing collectively and seeing where progress can be made.

Of course, the best way to see what it's all about is to visit **farmstrong.co.nz**.



Meet our Farmstrong ambassador, Sam Whitelock.

After growing up on a farm, Sam Whitelock knows all too well the many pressures farmers face on a daily basis. That's why Sam has come together with Farmstrong to share some of the tips he's picked up playing top level rugby that he uses on-farm. To hear Sam's words of advice, head to farmstrong.co.nz.

Then as Sam would say, **"Find out what works for you then lock it in."**

