



“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



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Fit for Calving at
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.

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Live Well Farm Well

Want an Injury-Free Calving Season?



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Fit for Calving is an 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 calving.

Not a gym bunny? No worries!

The exercises are designed to be as accessible as possible. You can start at whatever level you're 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 six exercise videos online. You can access them by searching 'Fit for Calving' at www.farmstrong.co.nz and do them anywhere, anytime that suits—at home, in the milking shed, by the quad.



Have fun, do it as a team

Fit for Calving is also a great way to connect with other women and have some fun. Get friends and workmates involved too and do it together.



Follow the Farmstrong Facebook page

To keep up-to-date with the latest programme updates and Farmstrong news.



Check out farmstrong.co.nz

To find out about other things you can do to improve your wellbeing visit www.farmstrong.co.nz and lock 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’m hurting so badly. Instead, 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