

## 2025 Region-Off Challenge

The Farmstrong 'Five Ways to Wellbeing' can make a huge difference to your life and those around you. That's why we created the Region-off 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 has 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. Clean up a local spot.**  
Earn **5 points** for each bag of rubbish collected.  
**(Take Notice, Connect)**
- 2. Help fix a fence.**  
Earn **15 points** for every 30 minutes spent fixing a fence.  
**(Give)**
- 3. Get cooking.**  
Earn **2 points** for every person fed delivered to a local community group or neighbour.  
(Proof of meal being made is a must!)  
**(Give, Connect)**
- 4. Life in a Day**  
Earn **25 points** by getting social. Busy doing good things or daily tasks? Take us along with you and capture it on video - be creative! Instructions and inspiration included in the Social Media Toolkit. We'd love to then share it on our social channels to get people voting for your region!  
**(Give, Connect)**
- 5. Garden for golden oldies.**  
Earn **10 points** per garden tended to.  
**(Give and Be Active, Connect)**
- 5. Chop firewood for the community.**  
Earn **15 points** per trailer of firewood  
**(Give and Be Active)**
- 6. Donate to your local food bank.**  
Earn **2 points** per item donated.  
**(Give)**

- 7. Spend time at your local retirement village**  
Earn 10 points per visit. Play games or just have a yarn.  
**(Give and Keep Learning, Connect)**
- 8. Trailer driver for a day**  
Earn 10 points per load when you use a trailer or Ute to help someone move, deliver, or clear something.\*\*  
**(Give)**
- 9. Monument makeover**  
Earn 15 points when you clean or remove graffiti from a local monument (ask your local council first).  
**(Give)**
- 10. Help a local farmer or lifestyler**  
Earn 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**  
Earn 10 points when you help your school caretaker, or local community groundsman.  
**(Give, Keep Active, Connect)**
- 12. Help someone do their grocery shop**  
Earn 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**  
Earn 2 points when you check in with a mate and have a cuppa.  
**(Connect)**
- 14. Share your favourite piece of farm advice**  
Earn 10 points Get creative, draw a picture or video yourself telling your favourite piece of farm advice.  
**(Connect)**
- 15. Wash someone's car**  
Earn 10 points when you clean the outside (or inside) of someone's car.  
**(Give)**

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

- email it through to [marketing@fmq.co.nz](mailto:marketing@fmq.co.nz) and **tell us your team's name and region.**
- If you are sending through videos, please follow the WeTransfer instructions sent via email.



- If you prefer not to have your images shared on FMG social media - please let us know.

**We'll then add up your points!** Points will be updated and loaded to the [Region-Off webpage](#) weekly on Friday. Please send through all challenge entries by Friday 5pm 4 July.

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