

## Be Farmstrong Challenge

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

They are Connect, Give, Take Notice, keep learning and Be Active.

So, we created the Be Farmstrong Challenge. Young Farmer teams can embrace their wellbeing, and the wellbeing of those in their community, while also earning points for their region.

Who knows, wellbeing deeds might even get a special shout-out from a special wellbeing ambassador...

- 1. Get a group together to clean up a local spot.**  
2 points for each bag of trash.  
(Take Notice, Connect)
- 2. Help fix a fence.**  
5 points per 50 metres fixed.  
(Give)
- 3. Get cooking.**  
2 points per meal made delivered to a local community group or neighbour.  
(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. Give blood.**  
10 points when you donate blood (if you can) as a team \*  
(Give)
- 7. Spend time at your local retirement village**  
15 points per visit. Play games or just have a yarn.  
(Give and Keep Learning, Connect)
- 8. River/ beach clean-up .**  
3 points per bag of rubbish cleaned up at the riverbank or your local beach Do it with your club or local organisation.  
(Take Notice, Give and Be Active and Connect)

**9. Trailer driver for a day**

**10 points per load** when you use a trailer or Ute to help someone move, deliver, or clear someone. +

**(Give)**

**10. Monument makeover**

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

**(Give)**

**11. Help a local farmer or lifestyler**

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

**(Give, Keep Active)**

**12. Care for the local caretaker**

**10 points** when you **help** your school caretaker, or local community groundsman for a day.

**(Give, Keep Active, Connect)**

**13. 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)**

**14. Check in with a mate**

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

**(Connect)**

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

- post on your YF regional social page (Facebook or Instagram) and tag FMG
- email it through to [marketing@fmg.co.nz](mailto:marketing@fmg.co.nz) and tell us your team's name and region

**We'll then add up your points!**

\*Must be over 16 to donate blood and eligible to donate blood.

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