

Farming Fit

The main issue around staying fit and farming can often occur when making enough time in your busy day to exercise. It is also important to take a break out of your day to focus on your mental state, this can be done through mindfulness exercises that can be found on the FarmWell website, www.farmwell.org.uk

10 minute exercise breaks

- Taking 10 minute breaks to exercise can refresh both your body and mind.
- If you are able to fit in a 10 minute exercise before work, 10 minutes on a lunch break and 10 minutes after work then you will be exercising for a total of 30 minutes for the duration of the day
- These exercises can be as simple as walking to work, walking around the farm for 10 minutes to check on machinery, crops etc. or following an online guide targeted at working a specific part of the body – exercises can be found on the FarmWell website here: www.farmwell.org.uk/fit-for-farming/

Simple exercises to keep fit

Walking

- Walking is a very accessible form of exercise. Going for a walk whether that be alone, with friends or as part of a walking group will stimulate your mind, circulation, and muscles.
- Ensure before walking that you have a suitable form of footwear - trainers or walking boots that are comfortable.
- You may want to take some water and a healthy snack to prolong the endurance of your walk.
- Staying motivated to exercise can often be difficult, therefore incorporating exercise such as walking into daily life will make it become more of a habit – walking to work, walking to the shops, walking around the farm rather than driving.
- There are many public footpaths and walks set out throughout the countryside in the UK, you may be able to buy an OS map from your local newsagent, village shop, walking shop. Alternatively OS maps can be accessed online www.ordnancesurvey.co.uk/shop/mapsheetfinder.html

Running/cardiovascular workout

- There are group fitness schemes across the country that you can take part in to exercise for free. The Farm Runner is a 5km run every Sunday in Essex promoting the mental health benefits of being active, to keep updated on where the run takes place follow the Facebook page: www.facebook.com/ithriveoutdoors/.
- Alternatively the Parkrun is a more nation spread 5km running event taking place every Saturday at 9am with over 6,500 runs across the UK, to check your nearest run, www.parkrun.org.uk/events/events/.
- Skipping is a simple way to burn calories and lose weight whilst aerobically exercising. Skipping is an exercise that can easily be fitted into a busy farming schedule as you can do it by yourself in any location.

Specifically targeted exercises

If you would like to exercise a specific part of your body such as your core, arms, glutes, legs etc. you can find step by step 10 minute guides on the NHS website, www.nhs.uk/live-well/exercise/