

Exercise with Fat Farmers

FAT Farmers are looking for new members.

The mental health initiative was founded by a small group of Maitland farmers in 2010 to encourage those living in rural communities to improve their health and wellbeing through exercise.

Participants get together to complete a form of physical activity — ranging from gym sessions, personal training and walking trails — on a weekly basis, with members often catching up for a post-session debrief.

Fat Farmers Kadina group member Sam Correll said the group fostered a great sense of community amongst participants and had huge physical and mental health benefits.

“I think the group is an absolute benefit to us as we often don’t do enough exercise,” Sam said.

“It is hard to be self motivated which is why it is great to be able to be part of such a group.

“The majority of people who do come along have enjoyed it and quite a few have come back — it also doesn’t have to be a weekly

commitment, just when it suits your schedule.

“Most weeks, at least half of us catch up for a coffee after the session which is great because we can talk about everything and anything afterwards.

“Most importantly, even though the group is called Fat Farmers, it is open to everyone to join.”

Executive officer Tessa Colliver said the group would be exhibiting at this year’s Yorke Peninsula Field Days and encouraged anyone interested in getting involved to speak to the team.

“We’ll be serving up breakfast and lunch from our barbecue trailer and we’ll have staff or group members on site all day, so I’d really encourage anyone interested to come have a chat to us,” Tessa said.

“Everyone is welcome to come and find out more about joining Fat Farmers or speak to us about starting a new group.”

Fat Farmers will be in the T-Ports Grain Hub at Site 836, on Alford Road.

For more information, visit www.fatfarmers.com.



NEW MEMBERS... T-Ports CEO Nathan Kent, Fat Farmers member Paul Jarrett, Fat Farmers co-founder and chairman Ben Wundersitz, T-Ports business development and client relations manager Tim Gurney, Fat Farmers member Tim Schwartz and Fat Farmers executive officer Tessa Colliver are excited to be involved the upcoming YP Field Days.