

# 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: [farmwell.wales](http://farmwell.wales)

## 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.

## 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.

### Running/cardiovascular workout

- Parkrun is a 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/](http://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/](http://www.nhs.uk/live-well/exercise/)

# Ffit i Ffermio

Y drafferth fwyaf wrth ffermio a cheisio cadw'n ffit yw cael digon o amser mewn diwrnod prysur i wneud ymarfer corff. Mae'n bwysig hefyd eich bod yn cael hoe yn ystod eich diwrnod prysur i roi sylw i'ch cyflwr meddyliol. Gellir gwneud hyn drwy wneud ymarferion ymwybyddiaeth ofalgar ac mae rhagor o wybodaeth ar gael ar wefan FarmWell: [farmwell.cymru](http://farmwell.cymru)

## Egwyliau ymarfer 10 munud

- Gall cymryd 10 munud o egwyl i wneud ymarferion adfywio eich corff a'ch meddwl.
- Os oes gennych amser i wasgu ymarferiad 10 munud cyn dechrau gweithio, 10 munud yn ystod amser cinio a 10 munud ar ôl gwaith yna byddwch yn ymarfer am gyfanswm o 30 munud yn ystod y dydd.
- Gall yr ymarferion hyn fod mor syml â cherdded i'r gwaith, cerdded o gwmpas y fferm am 10 munud i gael golwg ar y peiriannau, cnydau ac ati, neu ddilyn canllaw ar-lein sydd wedi'i anelu ar gyfer ymarfer rhannau penodol o'r corff – mae ymarferion ar gael ar wefan FarmWell.

## Ymarferion syml i gadw'n ffit

### Cerdded

- Mae cerdded yn ymarfer corff sydd o fewn cyrraedd hawdd. Bydd mynd am dro, ar eich pen eich hun, gyda ffrindiau neu fel rhan o grŵp cerdded yn ysgogi'r meddwl, y cylchrediad a'r cyhyrau.
- Gwnewch yn siŵr eich bod yn gwisgo esgidiau addas cyn cychwyn – esgidiau ymarfer neu gerdded cyfforddus.
- Efallai y byddwch am fynd â dŵr a byrbryd iach gyda chi i'ch cynnal yn ystod eich taith.
- Gall cynnal y diddordeb mewn ymarfer corff fod yn anodd, felly bydd cynnwys ymarfer fel cerdded fel rhan o'ch diwrnod yn ei wneud yn arferiad – cerdded i'r gwaith, cerdded i'r siop, cerdded yn hytrach na gyrru o gwmpas y fferm.
- Mae digonedd o lwybrau cyhoeddus a theithiau cerdded ar gael yng nghefn gwlad y DU, ac efallai y gallwch brynu map OS yn eich siop bapur leol, siop y pentref, siop gerdded. Neu, gellir defnyddio mapiau OS ar-lein.

### Rhedeg/ymarferion cardiofasgwlaidd

- Mae Parkrun yn ddigwyddiad rhedeg cenedlaethol lle mae'r sawl sy'n cymryd rhan yn rhedeg 5km am 9am bob bore Sadwrn, ac mae dros 6,500 yn cael eu cynnal ledled y DU, i ganfod y digwyddiad agosaf atoch chi, ewch i, [www.parkrun.org.uk/events/events/](http://www.parkrun.org.uk/events/events/).
- Mae sgipio yn ffordd rwydd o losgi calorïau, colli pwysau a gwneud ymarferiad aerobig yr un pryd. Mae sgipio yn ymarferiad y gallwch ei ffitio i mewn i'ch amserlen brysur yn hawdd gan fod modd ei wneud ar eich pen eich hun yn unrhyw le.

### Ymarferion wedi'u targedu'n benodol

Os hoffech ymarfer rhan benodol o'ch corff fel eich craidd, breichiau, coesau ac ati, gallwch ddod o hyd i arweiniad 10 munud cam wrth gam ar wefan y GIG yn [www.nhs.uk/live-well/exercise/](http://www.nhs.uk/live-well/exercise/)