

# CASE STUDY: SIMON - WARMING UP MORE THAN JUST THE TRACTOR

Simon, a dedicated sheep farmer, embodies the rugged resilience often associated with agricultural life. For years, his meticulous approach to farming extended to his machinery – ensuring every tractor and piece of equipment was thoroughly warmed up before a long day's work. What he's recently discovered, however, is a vital piece of his operation that deserves the same, if not more, attention: his own body.



"I've always made sure my tractor's and other machinery are warmed up before I put them to work," Simon shared. "Now I'm thinking, why wouldn't I do the same for myself? Stretching in the morning is like warming up my own engine."

This simple yet profound analogy has been a game-changer for Simon. Just as a cold engine can sputter, strain, and eventually break down, a stiff and unprepared body is far more susceptible to the aches, pains, and injuries that are all too common in farming. Through Farming Stronger 4 Longer, Simon has embraced the idea that a few minutes of pre-work preparation can significantly impact his well-being throughout the day.

"I used to think stretching was just for athletes," Simon admits. "But it's made a real difference. I'm not as achy, and I feel more ready for the day ahead."

Simon's experience highlights a crucial element of the Farming Stronger 4 Longer campaign's mission: promoting preventative health and wellness within the farming community. By incorporating simple stretching routines into his morning, Simon has noticed a marked improvement in his physical comfort and readiness for the demanding tasks of sheep farming. On days he takes the time to "warm up his engine," he feels less sore and stiff. The days he skips it? He feels the tangible difference.



This shift in perspective, moving from solely caring for the farm to also prioritising personal physical health, is precisely what Farming Stronger 4 Longer aims to achieve. Simon's story is a powerful testament to how accessible resources and a subtle change in routine can lead to significant improvements in a farmer's daily life, demonstrating that investing in your own well-being is just as crucial as maintaining your equipment.

