

NUTRITION, WELLNESS & FITNESS GUIDE



www.farmwellhub.ie

INTRODUCTION

Welcome to Your Farm Well Hub Nutrition, Wellness & Fitness Guide.

Supported by the Department of Agriculture, Food and the Marine, this Farm Well Hub guide is designed to help farmers and farm families build healthy, balanced habits that suit real farm life.

Inside, you'll find simple recipes, planning tools, and practical tips to support better nutrition, movement, rest, and overall wellbeing. Whether you're on the tractor, in the yard, or managing the business, this guide will help you take small, sustainable steps toward feeling your best.

Your health is your wealth — let's farm well, live well, and stay well together.



WHY IS DRINKING WATER IMPORTANT?

Why Water Matters on the Farm

- Water is your body's fuel just like diesel for the tractor. Staying hydrated keeps your mind sharp, energy steady, and body strong through long days on the land.
 - Hydration: Replaces fluids lost through work and heat.
 - Digestion & Detox: Helps absorb nutrients and flush out waste.
 - Performance: Prevents fatigue, cramps, and loss of strength.
 - Focus: Supports clear thinking and concentration.
 - Skin & Health: Keeps skin healthy and supports metabolism.

Farm Well Tip: Keep a water bottle in the tractor, jeep or car — sip often before you feel thirsty.



WHY GOOD NUTRITION MATTERS ON THE FARM

Why Good Nutrition Matters on the Farm

Food is your body's fuel — keeping you going through early mornings, long hours, and hard physical work. Eating well is about balance and fuelling for energy and recovery.

- **Energy:** Balanced meals prevent fatigue and keep you steady.
- Strength: Protein supports muscle repair and recovery.
- Immunity: Fresh foods help protect against illness.
- Focus: Regular meals support clear thinking and mood.
- Heart & Gut Health: Wholefoods and fibre support long-term wellbeing.

Farm Well Tip: Keep fruit, nuts, or yoghurt on hand for quick, healthy energy when you're on the go.



WHY IS ADEQUATE SLEEP IMPORTANT?

Why Sleep Matters on the Farm

Sleep is your body's reset button. Just like machinery needs servicing, your body and mind need quality rest to stay strong, focused, and healthy.

- Focus: Good sleep sharpens decision-making and concentration.
- Mood: Rest helps manage stress and maintain emotional balance.
- Recovery: Muscles repair and energy restores during sleep.
- Health: Supports immunity, heart health, and overall wellbeing.

Farm Well Tip: Keep a regular bedtime, limit screens, and aim for 7–9 hours of quality rest each night. Watch back our webinars that address sleep strategies



WHY IS WORKING OUT IMPORTANT?

Why Exercise Matters on the Farm

Farming life keeps you moving, but regular exercise helps you build lasting strength, focus, and energy. It supports your body for daily work and boosts both physical and mental wellbeing.

- Physical Health: Builds strength, balance, and endurance for everyday farm tasks.
- Mental Health: Reduces stress and lifts mood through the release of endorphins.
- Brain Health: Improves focus, memory, and decision-making.
- Energy and Sleep: Boosts daytime energy and promotes deeper rest at night.
- Disease Prevention: Lowers the risk of heart disease, diabetes, and other health issues.
- Quality of Life: Increases confidence, motivation, and overall wellbeing.

Farm Well Tip: Aim for 20–30 minutes of movement a day — walk a field, stretch after milking, or join the Farm Well Hub Couch to 5K Challenge to stay active and motivated through the season.



WHAT ARE MICRO-HABITS?

Micro habits are small, simple, and easily achievable actions that when repeated consistently over time, can lead to significant changes in behavior and lifestyle outcomes.

HOW CAN YOU CREATE HABITS?

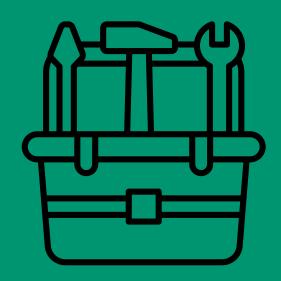
Building Micro Habits on the Farm

Big changes start with small steps. Micro habits are simple daily actions that help you create lasting routines for better health and wellbeing.

- Set a Goal: Choose one small, realistic change that fits your farm day — like moving more, eating better, or taking short breaks.
- Start Small: Break big goals into easy actions. For example, walking a field after milking or doing 15 minutes of stretching
- Stay Consistent: Small, steady actions each day work better than big efforts once in a while.
- Check In: Notice what's working, adjust if needed, and celebrate small wins.

Farm Well Tip: Small steps, done often, lead to big results — on the farm and in life. Watch back our wellbeing webinar on www.farmwellhub.ie

YOUR WELLBEING TOOLBOX



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Daily personal planner

DATE:	SMTWTFS
TODAY'S SCHEDULE	PRIORITY OF THE DAY
06:00	
07:00	
08:00	
09:00	
10:00	
11:00	WATER INTAKE
12:00	
13:00	1L 2L 3L
14:00	THINGS TO GET DONE
15:00	
16:00	
17:00	
18:00	
19:00	EXERCISE & HEALTH
20:00	• □
21:00	•
22:00	
23:00	



Water Tracker

MONTH:	
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WEEK NO:

Monday	
Tuesday	
Wednesday	
Thursday	000000
Friday	000000
Saturday	0000000
Sunday	

Sleep Tracker

DAY	TIME TO BED	DURATION	NAPPED	QUALITY
01				
02				
03				
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12				
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14				
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Daily Fitness Planner

DATE:		S	М Т	W T	F	S
GOAL	S OF THE DAY					
	EXERCISE	WEIGHT		REPS	}	

30 Workouts

MONTH:

Shade in a dumbbell box for every workout you complete.

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Daily Self-Care Practices

PHYSICAL SELF-CARE **EMOTIONAL SELF-CARE** SPIRITUAL SELF-CARE INTELLECTUAL SELF-CARE SOCIAL SELF-CARE FINANCIAL SELF-CARE **SELF-CARE NOTES**

30 Day Wellness Challenge

INVEST IN A JOURNAL WRITE A LIST OF GOALS STRANGER GET 8 HOURS OF SLEEP FRIENDS CREATE A BUCKET LIST DO A SOCIAL MEDIA DETOX FOR A DAY BUSINESS TRIEND WRITE A SUNSET STRANGER TRY A NEW RECIPE DO A SOCIAL MEDIA DETOX FOR A DAY BUSINESS TRIEND WRITE A JOURNAL ENTRY GO FOR A DAY BED BY 10PM DECLUTTER ONE AREA OF SPACE CREATE YOUR OWN DO A WORKOUT BED BY 10PM DECLUTTER ONE AREA OF SPACE OWN TRY A NEW RECIPE DO A FUN ACTIVITY BED BY 10PM DECLUTTER ONE AREA OF SPACE OWN WASSAGE DO A WALK BATH DEINK 8 GLASSES OF WATER OWN STRETCH YOUR BODY FAVORITE TREAT WAKE UP ON FIRST ALARM PODCAST LISTEN TO A NEW PODCAST LISTEN TO MUSIC				
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WORKOUT GO FOR A WALK HAVE A WARM BATH GLASSES OF WATER CREATE YOUR OWN CREATE YOUR OWN LISTEN TO A NEW MUSIC		BED BY 10PM	ONE AREA OF	
STRETCH YOUR BODY FAVORITE WAKE UP ON NEW LISTEN TO MUSIC			GLASSES OF	
	FAVORITE		NEW	

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Daily Food Journal

DATE:	
BREAKFAST	LUNCH
DINNER	SNACK
WATER INTAKE	NOTE

Weekly Meal Planner

WEEK		

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
JAI				
CLINI				
SUN				

Snack Ideas

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Grocery List

Quick Recipe Ideas





Nut Butter Banana Overnight Oats

Serves 1

1/2 cup oats
1/2 cup milk of choice
1 tablespoon chia seeds
1 tablespoon nut butter
1/2 banana, sliced
Pinch of cinnamon

- In a mason jar or container with a lid, combine oats, milk, chia seeds, and cinnamon. Stir until well combined.
- 2. Cover and refrigerate for at least 4 hours or overnight.
- 3. In the morning, top with banana slices and nut butter. Stir and enjoy cold!







Cacao Coconut Energy Balls

Serves 1

1 cup pitted Medjool dates
1/2 cup oats
1/2 cup unsweetened shredded
coconut
1/4 cup unsweetened cocoa
powder
2 tablespoons almond butter
(or nut butter of choice)
1 tablespoon chia seeds
1/2 teaspoon vanilla extract
Pinch of salt

- 1. In a food processor, blend the dates until they form a paste.
- 2. Add oats, coconut, cocoa powder, almond butter, chia seeds, vanilla, and salt and pulse until the mixture comes together into a sticky dough.
- 3. Roll the dough into tablespoon-sized balls.
- 4. Optionally, roll energy balls in additional shredded coconut or cacao powder.
- 5. Store in the refrigerator for up to a week.





Spinach and Feta Egg Muffins

Servings 12

1 tablespoon olive oil
1 cup fresh spinach, chopped
1/4 cup crumbled feta cheese
8 large eggs
1/4 cup milk of choice
Salt and pepper to taste

- 1. Preheat oven to 350°F (175°C). Grease a 12-cup muffin tin.
- 2. Heat olive oil and sauté spinach until wilted. Divide evenly into muffin cups.
- 3. Crumble feta cheese over spinach in each cup.
- 4. Whisk together eggs, milk, salt, and pepper. Pour evenly over spinach and feta.
- 5. Bake for 15-20 minutes, or until eggs are set.





Mediterranean Salmon with Roasted Vegetables

Serves 2

2 salmon fillet (about 6 ounces)
1 courgette, sliced
1 bell pepper (any color), sliced
1/2 cup cherry tomatoes
1 tablespoon olive oil
1 teaspoon dried oregano
Salt and pepper to taste
Lemon wedges and fresh
parsley for garnish

- 1. Preheat oven to 400°F (200°C).
- 2. Toss courgette, bell pepper, and tomatoes with olive oil, oregano, salt, and pepper. Spread on a baking pan.
- 3. Place salmon fillets on the baking pan with vegetables. Drizzle with a bit of extra olive oil.
- 4. Roast for 15-20 minutes, or until salmon is cooked through and vegetables are tender.
- 5. Garnish with lemon wedges and fresh parsley before serving.







Power Green Smoothie

Serves 1

1 cup spinach
1/2 green apple, cored and chopped
1/2 ripe avocado
1/2 banana
1 inch piece of ginger, peeled and grated
1 scoop vanilla protein powder (whey or plant-based)
1 cup unsweetened almond milk (or your preferred milk)
1/2 cup ice

- 1. Combine all ingredients in a high-powered blender.
- 2. Blend until completely smooth and creamy. If the smoothie is too thick, add a splash of water or more almond milk to adjust the consistency.
- 3. Pour into a tall glass and enjoy immediately.





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If you have any concerns about your health, please contact your medical doctor or licensed healthcare practitioner.



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