

# Get on yer bike

## The Farmstrong Fit4Farming Cycle Tour is coming your way

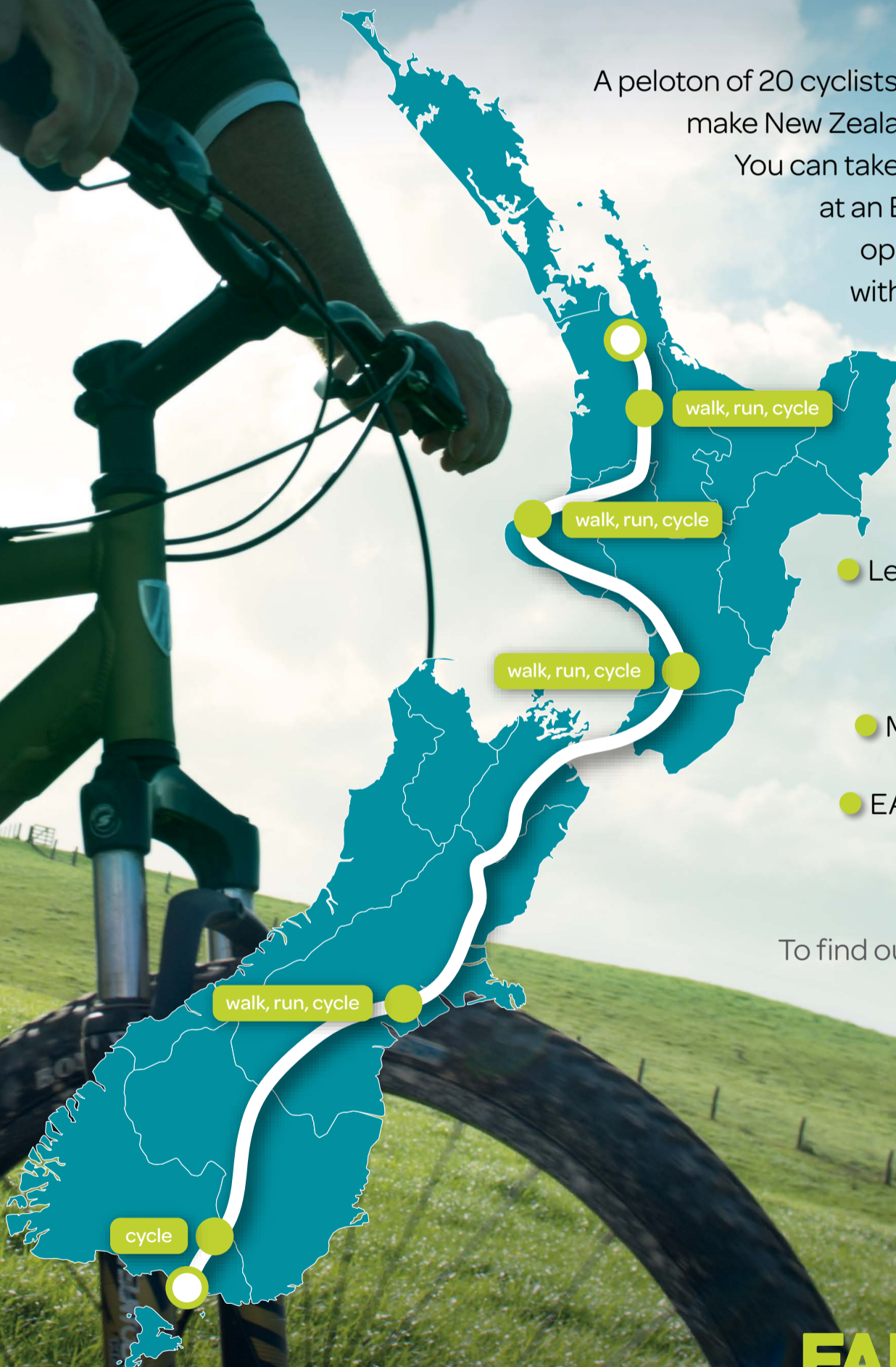
A peloton of 20 cyclists will be riding from Ngatea to Bluff to help make New Zealand the fittest farming nation in the world.

You can take part along the way by joining the peloton at an Event Day in your community. So take the opportunity to get off the farm, get involved with some exercise and activities - and enjoy a great day out with the whole family.

### Event Information:

- Pioneer Park, Ngatea **18 March**
- Leamington Domain, Cambridge **19 March**
- Lake Mangamahoe, Taranaki **21 March**
- Manfield (via South St), Feilding **23 March**
- EA Networks Centre, Ashburton **28 March**
- Hamilton Park, Gore **1 April**

To find out what's happening at your community's Event Day and how you can get involved, go to [farmstrong.co.nz/event-days](http://farmstrong.co.nz/event-days)



**FARM STRONG**  
Live Well Farm Well



Mental Health Foundation  
mauri tu, mauri ora

**FMG**