



Want to be a Fat Farmers Team Coordinator ?

What does a Team Coordinator do ?

- Inspires and recruits other community members (farmers and non-farmers) to be active.
- Organise and promotes regular training activities together via text, email or facebook.
- Identifies resources that would support the group to be active eg equipment, training space, fitness instructor.
- Identifies local fitness events eg Fun Runs that your team can be involved in and use team allowance to buy.
- Participate in promoting Fat Farmers via social media eg Twitter, Facebook
- Participates in teleconference (x2/year) with other Team Coordinators around the state to share ideas
- Liaise with the Executive Officer of Fat Farmers re local and statewide events and supporting your team.

What can Fat Farmers offer you and your team ?

- Each team receives an annual allowance they can use to buy equipment, subsidising the cost of a fitness instructor etc
- We provide insurance for volunteers running local groups. (Paid instructors must have their own)
- You can connect with network of teams across SA all working to get/stay fit. We help to present a healthy image of Agriculture and socialise after events.
- We have a brand which others recognise and support- you are often recognised at events in our Fat Farmers shirts !
- We are active on social media and other channels, helping you to promote your group and the events you will participate in.
- A friendly, supportive team who have all been through the stages of forming and supporting teams

How do I get started ?

- Contact Sally (Executive Officer) regarding your interest on 0410 473 167 or [info@fatfarmers.com](mailto:info@fatfarmers.com)
- Talk with your friends, neighbours about whether they are interested in getting together to exercise (Hint : a BBQ is a good drawcard for this chat and its not compulsory to be a farmer to join us !)
- Decide on a time, activity and place where you will meet. Consider : fitness level, personal preferences for exercise, seasonal workload fluctuations, cost, whether you will encourage wider family involvement eg kids at some/all activities, bad weather alternatives if too hot/wet to exercise, local and Adelaide events you might train towards participating in eg City-Bay
- Concerned about fitness levels ? If it's been a while since you/your team have exercised, ask people to do the [Pre-exercise Screening Questionnaire](#) with a GP to get the all-clear.