

The real fat of the land

FARMERS are supposed to be big, strong and healthy, but a new study has found them overweight and stressed, partly because they're not doing enough manual labour.

The National Centre for Farmer Health study has found they are less healthy than the average Australian.

Centre director, associate professor Susan Brumby, said the three-year study covered 2000 farm men and women.

"We're seeing farm people become much more sedentary because of advances in technology," she said.