Mindy Young is the writer, videographer, and creator behind Farm Fit Living.

With incredible passion for rural life, wellness, and sustainable agriculture, Mindy fell easily into the role of a teacher. She enjoys positively educating and mentoring others to learn skills such as growing, harvesting and preserving healthy food, living a balanced healthy and comfortable life and empowerment to grow with leadership and personal goals.

Day by day, Mindy balances work, teaching, family, farming, and wellness coaching. She is active in her community as well as at the state level with Kansas Farm Bureau, where she and her husband are members of the State Young Farmers & Ranchers committee. She also serves on the state Sheep & Goat Policy committee for Kansas Farm Bureau. Using her degree in agriculture and six years of experience as an Extension agent, she continues to educate others through her writing and video recordings featuring day-to-day happenings on her growing family farm and homestead.

Mindy loves her rural life on her Northeast Kansas farmstead with her husband Matt, two beautiful daughters Mylee and Maci and their pets.