

CAN I STAY HEALTHY BY RIDING HORSES?

You can!

There are many obvious health benefits to riding such as a stronger core and legs, but there are also less obvious benefits such as a boost in confidence and meditation!

Body Awareness

Riding works the core muscles: abdominal, back and pelvic muscles. It's not just about the strength of the core, but the coordination and stability as well. The more you ride, the more you learn how to move your body with the horse!

There are many movements that need to happen simultaneously while riding for the horse to be properly guided- this is the essence of coordination!

Coordination

Muscle Tone & Flexibility

Along with your core, your inner thighs and pelvic muscles get a great workout! The rider is constantly adjusting to the cadence of the horse, which helps with good overall muscle tone and flexibility.

Working in the barn and taking care of your horse strengthens your muscles (heavy lifting!) and increases your cardiovascular capability.

Stable Strength

Mental Exercise

While riding, your only focus is on the horse- this is a great meditative effect! There is a real connection with the animal and peace of mind that comes with every ride.



AMERICAN
HORSE COUNCIL

ARE THERE HEALTH BENEFITS TO OWNING A HORSE?

Of course!

Horse ownership can be exciting and rewarding! Companionship, recreation, and relaxation are some of the primary benefits, but there are also benefits that lead to a healthier lifestyle.

Keeps you physically active

Cleaning stalls, grooming, feeding, raking, pushing wheelbarrows are all barn chores that actively burn calories and build muscle

Riding a horse is a partnership where the rider is a teacher for the horse. Nothing builds self confidence like “leadership training”!

Reduces Stress

Recent studies have shown that interaction with animals may provide a decrease in blood pressure and in the hormones associated with stress reactions. Physical exercise is also recognized as a mediator of stress, and its clear that equine activities provide exercise!

You’ll meet people that have the same passion and devotion to horses as you do- this connection creates a stronger bond just in itself!

Engages the Creative Side of Your Brain

Training and working with horses brings up daily challenges that will force you to think creatively about how to train it or solve a particular problem. Being faced with these situations helps you engage your creativity.

Builds character

Character building is a natural part of horse ownership, along with teaching responsibility, punctuality, sportsmanship, patience, commitment, confidence and self-esteem.

Gets You Outdoors

Being outside and enjoying the fresh air can do wonders for your mental and physical health! Plus, you need to get your daily dose of Vitamin D some way!



Build Self Confidence