

Horses 4 Health

Horses 4 Health is a unique, holistic fitness & wellness program designed for equestrians, those interested in becoming equestrians & for those who want to improve their fitness & wellness through horses without riding. The program is built upon 4 Foundations of Health & Wellness: **REBOUNding** (exercise on a mini-trampoline with a stability bar), **REMODELING/REHAB** (strength, stabilization, flexibility, balance, mobility training), **RELATIONSHIP** (with horses AND humans) & **RIDING** (Leadline through Intermediate lessons; please note riding is not required for enrollment in the program). The program is conducted by a National Strength & Conditioning Assoc. certified Personal Trainer who is also a PATH & CHA certified instructor as well as an EAGALA (Equine Assisted Growth & Learning Assoc.) Equine Specialist.

REBOUNding is bouncing exercise done on a mini-trampoline that offers a pliable surface. This surface is a key component to this exercise as it forces the body to constantly stabilize itself, and works against gravity (G-Force). This stabilization keeps the body balanced and improves posture, body awareness, coordination & strength, all without impact while constantly using the core muscles. Rebounding also improves the cardiovascular, lymphatic, gastrointestinal, circulatory & respiratory systems. It improves mental health as well, reducing the effects of depression & anxiety, & improving mood, focus & memory.



RELATIONSHIP Working with horses on the ground can also improve strength, stamina, focus, reflexes and body mechanics. Groundwork with horses is the initial and most vital component to working with horses. This component of Horses 4 Health is customized to those who ride as well as to those who choose not to ride but want to gain the many benefits of forming a close bond with a very intuitive and accepting partner, aka “the horse”. Groundwork focuses on safety, the nature of horses, leadership, communication, respect & how horses learn.



Therapeutic Horsemanship, Inc.

1238 North Rd.

Tully, NY 13159

(315)382-3664

www.ftguhorses.org

Rebound Fitness



Riding Instruction

REMODEL & REHAB is training that uses body weight & various types of equipment to strengthen, stabilize, stretch & balance the body. If you have old injuries that flare up, chronic conditions, balance deficits, poor posture, muscle imbalances, stiff joints or tight muscles (and who doesn't have at least one of those?), this training is for you.



RIDING The Riding component is offered in three levels: **Leadline** (rider has a person leading their horse), **Beginner Rider** & **Intermediate Rider**. The Leadline sessions include riding basics on a soft pad that the horse wears & may progress to include movements on the pad. Beginner Rider sessions include Balance Seat lessons & some lunge line lessons. Intermediate Rider sessions include Balance Seat equitation (English or Western). All riding levels focus on centering, grounding, breathing & communication with the horse. Intermediate riders may also focus on a particular equestrian discipline, such as basic dressage, obstacles or games.

