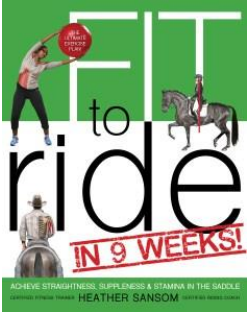




# Pony Club

## Rider Fitness Challenge



We had a great opportunity on October 16<sup>th</sup> where some of our members participated in a Rider Fitness workshop with International speaker, fitness leader and equestrian coach Heather Sansom of Equifit.com

There was a lot of great information and hands on practice, we all wanted more!

One of the take home thoughts was to think of ways to start to change habits or to create new habits that will benefit our riding and our horses. With that in mind we decided to do a Fitness Challenge.

Oxford Pony Club was also looking for unique ways to fundraise so the pledge sheet idea was born.

**What is the challenge?** Well your challenge is up to you, I challenge you to set a goal and track it then share your experience (ups and downs) with the Region and Heather (if you feel comfortable)

### 30 days to develop a new habit!

I recommend picking one thing not too many, write down your goal, how you plan to achieve it and include as much detail describing the actions and timeline as possible – this will help you. Track your progress, log when you have made a step towards your goal and when you had a rough day and it didn't get done think about what you can do if another rough day comes to perhaps be better prepared to get through it and still meet your goal.

For example: I am going to work on improving my stretching routine prior to riding my horse. I am going to do the following stretches in the barn before I bridle \_\_\_\_\_ and these while I am walking my horse in the arena just before mounting \_\_\_\_\_ and these while warming up walking mounted \_\_\_\_\_.

I aim to do these each time I ride for 30 days. To achieve this, I will need to allow \_\_\_ extra time prior to my ride/lesson time so that I am not late.

Or I am going to improve my core so I can better control my position and work on my independent seat while riding.

I am going to do this by doing the Plank exercise for 30 days (rest days in-between) each day I will try to increase the amount of time I hold the Plank exercise. I am going to ask for help at times to be sure I am holding the Plank in the correct position so that I am strengthening the correct muscles. My goal is that at the end of 30 days (not including rest days) I will be able to hold a Plank (resting on my elbows) for 3 minutes.

**Who can do this challenge?** Anyone, even those who did not participate in the workshop are welcome and encouraged to visit Heathers website for lots of great tips ([equifit.com](http://equifit.com)) you could also borrow the Rider Fitness books Heather published as our region now owns a set. (recommend this for early winter club education sessions) (contact [gillian.rosserasmi@gmail.com](mailto:gillian.rosserasmi@gmail.com) if you are interested in borrowing the books)

I have attached the template for the pledge sheet should your club wish to use this challenge as a fundraiser for your members.

**Who's up for the challenge? Your horse will thank you!**

