

More 'Life Tips' To Help You Ride Better

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One of my recent articles was about how to do things all day, everyday in order to improve body awareness and movement patterns when riding. Things like not using a drive-thru to get your coffee, doing a proper squat every time bending is required and walking backwards for a few steps throughout the dog walk (see Life Tips in ABSJ's April 2017 edition). Here are a few more ideas to improve your body health without having to find much extra time in your day to exercise.



more often!!

Paying attention to how you move and developing an acute sense of body awareness is a skill; a skill that lends itself well to riding effectively. In order to ride better, move more thoughtfully in your life. Your body will love you and so will your horse! 🐾

For example, when sitting in a car or at a desk sit with a tall, relaxed spine and have even weight on each sit bone. Allow both arms to reach forward to the desk or steering wheel, but keep the butt back against the seat (also good 2-point training). Then become aware of the space in each waist as you breathe. Does the space between the ribs and the pelvis on the inside of you have the same amount of room. Shift your torso around and relax the back and abdominal muscles until this is achieved.

A good daily balance activity is putting on socks/shoes or brushing your teeth while standing on one leg without any support. Standing on one leg when brushing your horse is also a good way to warm up your balance system before you ride.

Last but not least take the time to do a big stretch throughout the day. Every time you go to the bathroom do a 10-15 second 'morning' stretch. Tighten every muscle in your body as hard as possible. Then slowly and smoothly relax into a neutral standing posture with shoulders relaxing down and balancing over the center of your heels. Plan to drink more water during the day and visit the washroom



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