

# Life Tips #1

By Sandra Sokoloski

No time to exercise? Then move better every day. Let's face it. Life is busy, riding and horse care is time consuming and work/school is demanding. If you have managed to fit 2-3 focused off-horse exercise sessions per week into your schedule, then keep it up, you are doing great!

However, many riders ask me what they can do if they don't have time to attend a class or go to the gym and have many distractions at home. I will first ask them if they have 6-10 minutes a day that they can dedicate. If they do, I will instruct them on how to do a proper plank and wall sit, and ask them to train up to doing 3-5 continuous minutes of each once a day.

## Plank



## Wall Sit



I will then ask them if they put boots or wraps on their horse's legs. If they do I will instruct them how to do a full squat, a sumo squat or a lunge squat. These can all be done before and after each ride. These can also be done any time they need to get closer to the floor (e.g. loading dishwasher, reaching into bottom cupboards, picking clothes off the floor).

My third question is do they go through the drive-thru at Timmy's or their bank. If they do I suggest they stop. Park their car and get out and walk into the building... every time.

I also ask if they have a dog that they can walk (maybe even their neighbor's). If they do I recommend using a non-paved pathway to challenge their balance. Walk

## Full Squat



## Sumo Squat



briskly and every time the dog stops, do a squat (as listed above). They can also walk backward for 50 steps every 5 minutes. This is a great way to strengthen the gluteal muscles that are so important for a stable 2-point position. Walking backwards

## Lunge Squat



on a treadmill for 5-10 minutes is also a great glute work-out (your dog can join you if you find walking alone too boring).

There are many daily activities that can help create better movement for better riding. If you don't have time to 'exercise', then be more aware and move better in life. See next publication for more 'life tips.' 🏇



Photo Credit: Mara Coote Freeman

## Sales Training Clinics

Andrea Harris  
403.630.0350

[andrea@alpineshowjumpers.ca](mailto:andrea@alpineshowjumpers.ca)

