

Summer 2022; this year is going so quickly!

They say time flies when you are enjoying yourself, and I guess I have been enjoying things lately. The pilot runs of my programme Fit Together for horse owners have gone very well. I had really useful feedback, which has led to a few adjustments that make it even better. It is really exciting to be finally ready, and I'm now opening bookings for the next run, which will be starting in July or August. There are more details below: contact me by phone or email if you want to know more, or would like to book a place.



## FIT TOGETHER



### Is this you?

“I want to know how to make my horse fitter.”

“My horse struggles on one rein, but not the other.”

“I know some simple exercises to improve my horse's fitness, but don't really understand what the actual benefits are.”

“I know a bit about how muscles work, and would like to know more.”

### What is Fit Together?

An 18 week programme devoted to building your horse's musculoskeletal health.

### What is included?

9 one hour online sessions by Zoom

50 page printed booklet including worksheets

Mobile app for use during 12 weeks of the programme

### How does it work?

You will learn how muscles work, the difference between quality and quantity of movement, the benefits of some simple everyday exercises, and how to combine exercises in a meaningful way. You will produce your own plan of exercise to suit you and your horse; these will benefit your horse's health and performance, reducing risk of injury and arthritis, and improving rider experience.

For each of the first 6 weeks we meet for 1 hour on Zoom to cover the theory and produce your plan.

The remaining 12 weeks will be for you to implement your plan, with support from the app, and check in Zoom sessions every 4<sup>th</sup> week.

How much does it cost? The special introductory price is £127

## Videos on Facebook

You might like to check out the short (10 minutes max) videos that I have started to post onto my Facebook page Susan Ryrie Therapies.

At time of writing this, these include:

Core Beliefs – a simple introduction to the what, why and how of conditioning your horse's core.

Heavier Than You Think – how much force does the rider really exert on the horse's back?



As usual, I've been having fun looking up quotations, and here are a few. The general theme is feedback and quality.

*"Insanity is doing the same thing over and over again and expecting different results." Albert Einstein*

That quote always makes me smile, but it also reminds me of times when I have acted insanely by that definition! Particularly in the context of training; "maybe if I just try again we will get it right"! And yes, I am sometimes guilty of ignoring good, potentially helpful, feedback that could have stopped me falling into the trap.

Feedback is what helps us know what it is that we need to change.

*"We are what we repeatedly do; excellence, then, is not an act, but a habit." Aristotle*

Oh dear! By the same token, the opposite of excellence is also a habit.

*"Animals are such agreeable friends – they ask no questions; they pass no criticisms." George Eliot*

That's true. But although we might not get criticisms, we do get loads of feedback if we are only able to recognise it. Those dodgy canter transitions, your horse's grumpy face when you appear with the saddle, your dog's reluctance to run and chase the ball, ... This is all feedback. It is the essential ingredient in the recipe for improving their life if you can only understand what it is telling you.

Wishing you a great summer!

Susan