



TSAWWASSEN WELLNESS CENTRE

PILATES FOR THE EQUESTRIAN NEWSLETTER NOVEMBER 2009 MAXIMIZE YOUR RIDING ENJOYMENT

“To really expect the best out of your horses, you have to expect the best out of yourself,” says Shannon Peters, Grand Prix rider and trainer, San Diego, California.

Dressage Today, March 2009, featured an article on Steffen and Shannon Peters about the importance of staying in shape to be the best you can be. Steffen has represented the U.S. at many international competitions, including the 1996 and 2008 Olympic Games.

Steffen and his wife Shannon understand that to be the best in your sport or simply to get the most enjoyment out of your sport, you have to take care of your body. What you eat, how you treat your body and how physically fit *you* are is just as important as how physically fit *your horses* are. Shannon practices Pilates twice a week and says that Pilates is the best thing she's ever done.

Whether you are a competitive or recreational rider, being physically fit and feeling your best, will increase the enjoyment of your ride.

The Tsawwassen Wellness Centre knows this, and has been working with riders of all abilities and disciplines to improve riders overall condition, balance, back health, strength and flexibility. A strong, flexible body is less likely to be injured. Pilates provides the riders with greater control over their bodies and they are better able to isolate muscles for specific movements.

“I can detect within minutes of working with a new client if the horse pulls left or right based on how the rider is moving in the exercises. By balancing the strength of the core muscles, training the muscles to support proper posture and improving flexibility, the rider immediately has more control over her horse,” says Linda Mallard, owner of the Tsawwassen Wellness Centre and Certified Pilates Instructor.

Pilates alleviates the physical stress that results from riding. The stress on the back can often leave riders feeling sore the next day. Specific exercises in Pilates will decompress the lumbar spine and allow the cervical spine to come back into natural alignment so riders can go back to work without pain.



“I work with Linda 3x a week at the TWC. Before doing Pilates, I wasn't able to correct the pull of the horse because I couldn't correct myself. Now, I am aware of my posture and alignment. When I am sitting straight and balanced in the saddle, my horse is able to understand my cues and do exactly what I want him to do.” **Suzanne Hayden, competitive jumper and owner, Hayden Farms.**

“I can't wait to come to Pilates because my back always feels so much better after my session. It gives me the strength, energy and stamina to ride hard after,” **Suzanne Hayden, competitive jumper and owner, Hayden Farms.**

“Pilates has helped me become aware of my body positioning and imbalances. I now know if it's me or the horse that's causing any problems and can make the corrections for a great ride”. - **Julia Clarke, Instructor, Crescent Stables.**

“Pilates has improved my posture and strength, so now I can enjoy my rides without feeling sore, achy and tired after.” - **Kathy Crabb, Recreational Rider, Dressage**

The TWC also offers *Nutritional Coaching* for riders. Not only is it important to eat healthy but eating the right foods for your body is critical. *Metabolic Typing* is based on the proven science that each one of us requires an individual approach to nutrition.

Call today and get started on your journey towards a better ride! 604.943.8823

**5514—12th Ave, Tsawwassen, BC (beside Panago Pizza)
604.943.8823 www.twconline.ca**