

Get Fit to Ride in Just 30 Minutes, 3 Times a Week, for 9 Weeks!

FIT TO RIDE IN 9 WEEKS!

The Ultimate Exercise Plan: Achieve Straightness, Suppleness & Stamina in the Saddle

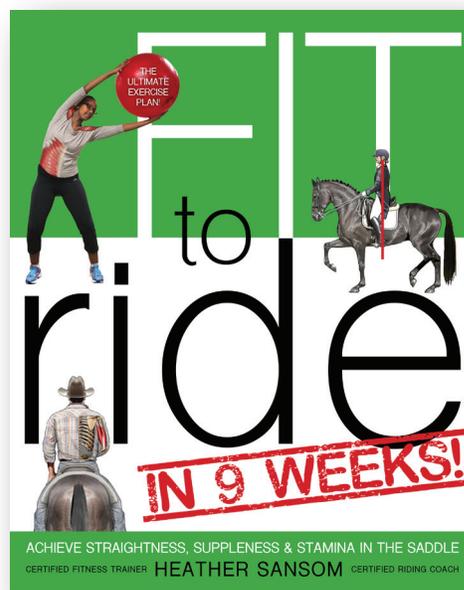
HEATHER SANSOM

Trafalgar Square Books is pleased to announce the release of *Fit to Ride in 9 Weeks!* written by certified fitness trainer and riding coach Heather Sansom.

The condition of a rider's body is inextricably linked to the well-being and general condition of the horse. If the rider lacks quick reflexes, feels easily fatigued, has poor posture, or holds rigidity or tension throughout her body, the horse will likely have to compensate, or could suffer from repetitive asymmetrical strain.

In order to achieve ultimate harmony between horse and rider, Heather Sansom has created an attainable 9-week plan to give all riders the straightness, suppleness, strength, and stamina they need to not only ride well but to feel good while doing it. Sansom clearly illustrates dozens of unique and effective exercises in a progressive fitness program complete with one-of-a-kind color artwork and easy-to-follow schedule charts. Sansom's book offers the key to achieving a healthy level of fitness that ensures both rider and horse well-being and optimal performance. It is the ideal reference for instructors and students, competitive and recreational riders.

Canadian National Equestrian Federation Certified Personal Trainer and Equestrian Coach **HEATHER SANSOM** founded her riding fitness and coaching business Equifitt.com in 2007. A Level 1 Centered Riding Instructor, she has helped riders of all disciplines, from around the world, amateur to professional, attain a level and type of fitness that improves their abilities in the saddle while enabling their horses to perform their best. She has published over 300 articles on rider fitness in major equestrian magazines and spoken in national and international forums. Heather is currently completing her doctorate in youth resilience through equine-based activity.



A new fitness training program that caters to the unique needs of the equestrian. Enjoy the benefits of cross-training without making huge scheduling sacrifices!

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For more information contact mcook@trafalgarbooks.com

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