



Equestrian Testimonials: Group & Personal Training, Online Coaching

"Heather has helped myself and my students a lot with our strength and flexibility. She made sure that each rider was treated individually, and designed a program for each one's specific needs. We owe it to our horses to make sure we are as fit and flexible as we expect them to be!" **Gina Smith, three-time Canadian Olympian and head dressage trainer**

"My training with EQUIFITT is helping my self-confidence, which is improving my confidence on the horse. Specific exercises directly related to riding help me achieve my goals, both with my personal fitness and my riding. It's a great feeling to have a plan, along with a knowledgeable expert to help me achieve it!" **Laura, Western Rider**

"I've been able to really improve my range of motion through my off-horse exercise program. I don't get enough time in the saddle, and the program we have been working with has assisted me in beginning to return to the competitive arena in little steps- something I thought would never happen, given my setbacks. Your knowledge of the sport, willingness to take on such challenges and major input has given me a reason to believe in me once again. It is very important to realize that through many types of rehab and ongoing recovery training, off-horse dedication has opened new hope for me. " **Fran, Para-equestrian with Cerebral Palsy**

"I spend alot of time and money working on my horse's performance. I finally wised up to understand that I was part of the team as well. It only made sense that my fitness as well as my horse's fitness had to be addressed. Heather's program is helping me improve my abilities as a rider." **Liz, 52yrs, riding experience over 30yrs**

"In just a few sessions, I have already noticed a big improvement with riding my horse. I need fewer breaks and am able to use my aids more effectively with less effort." **Kristina, Dressage Rider with exercise-induced asthma**

"I find my balance and upper body strength is alot better. I really feel a difference in the abdominal area too. I feel motivated to keep up with exercise during the week because the classes with Heather have made a difference. I'm feeling really good!" **Melanie, Western pleasure rider**

*"Heather has a wonderfully positive attitude and it is contagious – even through **online training**. Her knowledge is easily transferred through phone conversations and detailed emails. My program was clear and concise and Heather was available by email to answer any questions I might have, as well as providing motivational follow-up messages. I look forward to expanding my online training with her in the new year!"* **Laura, Pleasure rider**

*"Heather's **class** has improved my riding a lot. The core work we do helps. I find I feel more in control when I'm riding. The muscles in my legs and my core seem stronger, and I have better balance and control of my body."* **Tanya, Reining rider**

"The advantage of the on-line program was that I could work with a person qualified and experienced in working with riders who did not live in my area. The exercises were clearly explained to me on the phone and accompanied by pictures sent via e-mail. The weekly phone conversations helped keep me on track and allowed me to ask any questions about the exercises I was doing. Heather tailored a program for me that took into consideration my needs and my schedule and she often made adjustments to it on a regular basis through the weekly phone calls. Online is a great way to be in an exercise program and develop a habit of daily exercise. I am still following the program 3 months later." **Sylvia, Online coaching, Western rider**



Equestrian Clinics & Workshops

"Heather gave an inspiring presentation at the Kemptville Campus Balance in Motion **Symposium**. As a mounted games coach and Level III NCCP Sports Coach, I am continuously aware of the importance of horse and rider fitness, conditioning and agility. I would endorse Heather's program to any of my students." **Terry Viewig, Mounted Games Coach,**

"Heather provided me with valuable feedback during my on-horse evaluation and off-horse group exercises. She helped me to identify a rider weakness that ultimately led to a breakthrough in addressing a crookedness issue I was having with turning my horse to the left. I am enjoying the social and motivational aspect of our weekly exercise group for riders. The personal fitness program designed for me by Heather has made a huge impact on my muscle tone and flexibility post partum." **Kylie Panciuk, Dressage Rider, Owner Winddance Lane Farm**

"Heather gave a very informative workshop to members of the Eastern Ontario **Horses of Course Club**. She covered the spectrum from special nutritional considerations for the rider, to individual assessments of our body balance and muscle strengths. We each left the workshop with exercises tailored to our individual needs. Thank you Heather!" **Valerie, Club Director, Horses of Course Club Eastern Ontario**

"Heather Sansom did a wonderful job at our first Annual **Equine Symposium** at Kemptville Campus. Most serious riders are pretty educated about conditioning their horse properly for the job they need to do. Heather brought home the importance of how much a toned, balanced rider contributes to the success of the horse in competition. Professional athletes have taken advantage of this information for years. Heather brings it to the rest of us in a meaningful and accessible way. Our latest certificate programs reflect this shift in attitude towards physical fitness for the rider. Heather's program is innovative and right up to speed with the trend." **Elaine Cash, Equine Diploma & Certificate Programs Co-ordinator, UGuelph, Kemptville Campus**

"If you're going to be a weekend warrior you'd better be heading to the gym during the week...If anyone was walking by the class they might not know they were watching a class for riders, but the exercises were very different from classes I've seen before. It was really hard. Of all the things I've seen, I haven't seen a workout that was that long and that intense. I could see that it's about balance in the body: not just the muscles you use riding, but strengthening the muscles around them. It seemed so simple I wondered why I didn't do this before."

Elizabeth Hay, CBC Radio Interview with Heather Sansom 'In Town and Out' Oct 25, 2008

"Heather's session on preparing riders for the upcoming season was very much appreciated by all the Pony Clubbers who attended the **Eventing Clinic** on April 6, 2008 at Stevens Creek Farm. Thank you so much Heather for sharing your personal fitness knowledge and expertise, and your positive attitude with the riders." **Marlene, education chair, Oxford Downs Pony Club**