



Personal Fitness Training & Equestrian Fitness

EQUIFITT.COM

NEWS RELEASE

Equifitt Fitness Training to Speak at Equine Symposium at Guelph University Kemptonville Campus This October

– Equifitt owner and personal fitness trainer Heather Sansom will be among several speakers scheduled for the upcoming UGuelph Equine Symposium ‘Balance in Motion’ on October 17-19

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KEMPTVILLE, ON October 2, 2008 – EQUIFITT .COM Personal Fitness today announced participation in an equine symposium organized by the Equine Studies department at the University of Guelph’s Kemptonville Campus.

“I’m really pleased to be involved in this weekend event and looking forward to hearing the other speakers. A lot of people focus on how their horse is going, but are not thinking as much about their own biomechanics and how this is affecting the horse’s performance.” said Heather Sansom, EQUIFITT Personal Fitness Training owner and specialist in sport-conditioning for equestrians. “Riders that understand their own muscle tightness and strength imbalances are in a much better position to develop the balanced self-carriage that will ultimately help their horse perform better, regardless of their riding discipline.”

The Symposium titled ‘Balance in Motion’ features keynote speaker, Dr. Deb Bennett. Dr. Bennett is a leader in equine anatomy and biomechanics. She will be addressing issues such as rider posture and performance conformation in horses. Other notes speakers include Bowen technique therapist Lynda Cho of Tender Touch Equine Therapy, biochemist and horse nutritional specialist Dr. Gordon Chang and saddle fit specialist Genevieve Kendall. Heather’s talk will address rider muscular balancing and self carriage issues and their correction from a fitness perspective.

The University of Guelph is one of only two Canadian Universities with programs in equine studies. The Symposium is open to the public, and further information is available at http://www.kemptonvillec.uoguelph.ca/edu/equine/bim_flyer.pdf or by calling Maureen Venables (613) 258-8336, ext. 61619.

About EQUIFITT.com Personal Fitness Training “Balanced Training for Better Living”

EQUIFITT.com Personal Fitness Training is based in Kemptonville, ON and specializes in private and semi-private personal training (your home/office or the Kemptonville mini-studio). EQUIFITT.com also specializes in sport-specific clinics, programs and training for equestrians.

For more information, contact:

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