



*Personal Fitness Training & Equestrian Fitness*

**EQUIFITT.COM**

## NEWS RELEASE

### **Local Fitness Training Studio Equifitt.com to Participate in Equestrian Clinic with Dressage Clinician Paul Belasik**

**– Equifitt will be providing parallel clinic assessment for riders participating in upcoming dressage clinic with classical dressage coach Paul Belasik –**

**KEMPTVILLE, ON Sept 30, 2008** – EQUIFITT .COM Personal Fitness Training & Equestrian Fitness today announced participation as a supplemental clinic option during the upcoming Ottawa area clinic with Paul Belasik on October 4-5th.

Paul Belasik is a highly respected international rider, trainer, writer and teacher, and proponent of classical equestrian ideals. A graduate of Cornell University, Belasik has ridden and trained the Grand Prix level and successfully competed at the International level. He is a popular clinician and coaches riders at all levels. He also has a background in martial arts and is a strong supporter of rider athletic conditioning. Paul is probably best known for his popular books Dressage for the 21st Century and his trilogy, Riding Towards the Light, Exploring Dressage Technique and The Songs of Horses.

Riders participating in the clinic will have the option of a parallel assessment by rider fitness specialist Heather Sansom of Equifitt Personal Fitness Training. Riders can opt to have Heather observe their lesson with Paul Belasik to assess biomechanics, strength and other issues which might be helped through an individual off-horse fitness exercise program.

“I’m very excited about this request to assist the riders participating in Mr.Belasik’s clinic.” Heather Sansom said. “I think it will be an enhanced experience for the riders because they will be able to work on flexibility and strength issues which come up in their lesson, off horse. This will help the riders be more effective when they are riding and working on the recommendations that he has made.”

The clinic will be held at Green Glen Farm, located in the Ottawa Valley just outside Kinburn. More information about Paul Belasik can be obtained on his website at: <http://www.paulbelasik.com/Index.htm> . Information about the clinic can be obtained by contacting Michaela (Mickey) Green at (613) 513-3658/ [michaela.green@rogers.com](mailto:michaela.green@rogers.com) .

To contact Equifitt, go to [www.equifitt.com](http://www.equifitt.com) , or contact : (613) 258-4866, [personaltraining@equifitt.com](mailto:personaltraining@equifitt.com) .

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

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

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