



American Heart Association.
Healthy Bond for Life™

HORSES HAVE HEART

Healthy Bond for Life™

Harness the health benefits

Horse riding for cardiovascular health and well-being.

Spending time around animals forms a Healthy Bond for Life™. And horseback riding may promote your health and well-being. Check out all these reasons to get in the saddle!

HORSE RIDING IS A FORM OF PHYSICAL ACTIVITY AND MAY HELP WITH:

- » **Cardiovascular health**
Horseback riding can be good aerobic exercise.
- » **Core strength**
Maintaining good posture in the saddle may ignite your core muscles.
- » **Muscle strength**
Riding requires strength, as does saddling a horse and carrying buckets of hay and water.
- » **Burning calories**
A 45-minute ride at a walk, trot and canter can burn up to 200 calories.
- » **Lowering blood pressure**
Exercise (such as horse riding) may lower your blood pressure — and so does spending time with animals.
- » **Relaxing and well-being**
Riding and being out in nature may help melt away stress and find calm.

HORSE SENSE

Recreational horseback riders can feel a sense of **physical and emotional well-being** and happiness from riding horses.

REIN IN STRESS

More than 80% of riders claim that horseback riding created feelings of relaxation and happiness.

“Nothing is so good for the inside of a man than the outside of a horse.”

This quote has been variously attributed to Ronald Reagan and Winston Churchill, but it traces back further than that. Whoever said it was onto something!

HORSES HAVE HEART

Animals bring out the best in us. And that’s especially true for horses. That’s why the American Heart Association has launched **Horses Have Heart** – *a nationwide community celebrating the love of horses for good health and well-being.*

Learn more about **Horses Have Heart** and healthy bonds with other animals at [**heart.org/Pets**](http://heart.org/Pets)

