



American Heart Association.  
**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 horse riding in particular promotes your health and well-being. Check out all these reasons to get in the saddle!

**HORSE RIDING HELPS WITH:**

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

**HORSE SENSE**

Recreational horseback riders report a **significantly higher sense of physical and emotional well-being and happiness** than people who don't enjoy the companionship of animals.

**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)**