



**Fit Rider Newsletter**  
 Interview with Fit Trainer *Jessica Jo Tate*  
[www.successinthesaddle.com](http://www.successinthesaddle.com)



**Staying Motivated:**

From Andrea Lurie

"Ring sour"? Freshen your workout - try Zumba if you've been doing weights; resistance bands if you're a cardio freak.

Sign up for a charity run/walk/ride - having donors count on you to complete an event is a strong motivator.

Do it with and for your horse - hand-walk him; brush him vigorously; be fit to ride.

Do it with a friend - someone waiting for you to run or workout gets you out the door.

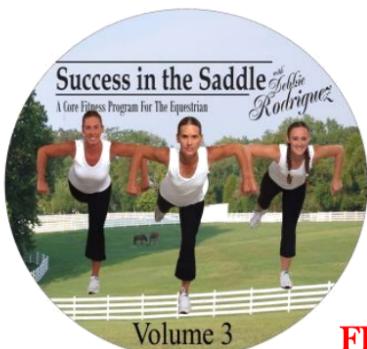
Just do it! By being active you're doing something most people can't or won't. Pat yourself on the back then get to work!

www.esopusfitness.com - check out and "like" Esopus Strength & Fitness on Facebook



**Straight Arm Plank**

If you are looking for a relief for your elbows in the plank position try the straight arm plank. You will still get the benefits of engaging your core for stability but you will have different options for balance moves. Here I take the straight arm plank into a twist while using weights. Even if you don't use weights for your dynamic moves from the plank using weights for your static hand position it is a good way to relieve any stress on your wrist. Alternate sides with several repetitions keeping your core balanced and engaged.



**Three DVD's**  
**Six 20 minute workouts**  
**Reduce hip and back pain.**  
**Sit the trot.**  
**Move with your horse!**  
**Start your workouts now!**  
**BUY NOW!**

**FREE SHIPPING** now through Christmas!

**Pumpkin Soup**

One medium pumpkin, cored, peeled and roasted

3 cups chicken broth

Salt and pepper to taste

Ground Nutmeg

Place all ingredients (except nutmeg) in large soup pot. Puree with hand blender and bring to boil. Serve with ground nutmeg on top. Easy, healthy and delicious.

For a heartier soup add one cup heavy cream. Healthy ???

**Follow us!**



**LISTEN TO WHAT RIDERS ARE SAYING ABOUT SUCCESS IN THE SADDLE!**

**From a friend of Success in the Saddle on [Facebook!](#)**

Hi Debbie. I just started using your CD's and I have already noticed a difference in my body posture. Thanks!

**The Fit Trainer interview with**

**Jessica Jo Tate**

JJ is a USDF bronze, silver, & gold medalist. She is a graduate of the young riders program. She trained in Europe for over 2 years with Gyula Dallos of Budapest, Hungary. She came home to Wisconsin and ran a very successful training business for about 7 years. After being named runner up for Robert Dover's Search For the Next American Dressage Star, she decided to move East & start working towards making her dreams of riding on a team come true. In 2006, she was the reserve rider for the FEI World Cup & she was long listed for the WEG on her Swedish gelding, Cambay. In 2007, she took her young horse, Donnermuth, to compete in Verden, Germany at the World Breeding Championships for 6 year olds. She and Petri were the top placing American pair that year in Verden. JJ is currently on the US Developing Riders List and trains with Scott Hassler & Steffen Peters on a regular basis. JJ now runs her business out of Scott Hassler's Riveredge West, taking in horses for training, showing, and sales. JJ passionately shares her knowledge of classical dressage through teaching clinics all around the country.

**What prompted me to increase fitness?** I decided to increase my fitness level because I had very painful back issues about 10 years ago. I was told by 2 different surgeons, after they had looked at my MRI and back xrays, that I should 100% have surgery. I have Degenerating disc disorder in my L5, and have the back of "an 90 year old woman!" So as my career, passion, and goals were in question, I decided that I would do whatever it took to stay out of surgery! I could hardly walk the pain was so bad. I would only ride about 4 horses a day (normal was about 15-18), and some days I could only walk and canter, sometimes in tears. It was a terrible time in my life. I was 23 years old. I could hardly sleep, pain meds didn't help, I was a mess. I found an amazing acupuncturist and a wonderful chiropractor! They both together got me out of pain, but it took many many visits! I realized that if I want to continue to be healthy, I needed to change my lifestyle and flexibility. I exercise because it keeps me healthy, forces me to take the time to stretch, and varies my body's use. I think just like horses, if we do the same exercise the same way everyday, we will get stale and prone to injuries. Muscles need to be challenged in different ways and stimulated in order to be completely healthy. And it makes me feel good! :)

**Fitness routine:** My fitness routine is cardio, weights, and lots of stretching. I have fallen in love with Zumba! Anyone out there who likes dancing, this is the most fun way to exercise! I would always start on the elliptical machine, and 20-25 minutes would go by so slowly, and then I tried Zumba! I dance and jump around for 45 minutes and it never feels like I'm working out! I cannot run anymore, so this is a great way for me to get fit. I do Zumba 2x a week, then 2 other days I do 20 min cardio, and then I lift weights. I like to stimulate the muscles that don't get worked while riding, like biceps! I also incorporate Yoga, which I also love, as much as possible! My next goal is to create a yoga routine I can do every morning as well as at horse shows. With my travel schedule, it is hard for me to always make it to the gym, so I need something to keep me stretched out, mentally centered, feeling good, and in harmony with the universe! I also bring workout DVD's with me, so I can still workout in my hotel room! The best ones I have found are Debbie Rodriguez's Success in the Saddle dvd set and Slim in 6.

**Benefits for riding:** After really committing to a workout routine, I felt like my riding improved so much! There is so much we can improve even while not riding! I feel like my body awareness increased, as well as my balance. I felt able to follow the horse better with my hips and lower back. I also felt like I could easily find my core and truly sit in my own "self sitting". That is what I tell my students, "In order for your horse to be in self carriage, you must be able to hold yourself up, inside yourself, and carry yourself, in your own self sitting". I am able to sit taller, have softer hand, and because of all the flexibility, my heels are more down, and my seat is better. And again, I feel good and happy, which only makes my horses that way too! I also had more empathy for my horses, because I knew how it felt to use new muscles or to be sore after a hard workout, so I train them with more patience.

**Benefits for life in general:** The benefit from working out in my everyday life is waking up PAINFREE! I used to be so stiff and in pain, now I feel great! I also manage my stress better, because I have an outlet for it. I crank up my itunes and go workout! No one can ask me anything, no demands from anyone, just me and my commitment to ride and live well. I get to have another outlet to push myself to the next level. I love having goals, and I love to push myself, so working out is fun for me, plus it helps me have balance. If I could, I would be around, talk about, watch movies about horses if I could 24/7! It's good to claim something for just yourself and your own betterment.

**Favorite healthy food. (And indulgence):** My favorite Healthy food is anything by Kashi! I particularly love their snack bars which I can eat on the run! I also love to eat bananas as often as possible. My favorite indulgence has to be Pepsi and Doritos! This is my good luck food going to horse shows so I can't stop the mojo!



**Follow us!**