



New Year's Fit Rider Newsletter
 Brought to you by Success In The Saddle
 Core Fitness for the Equestrian.



Making New Years Resolutions

1. Pick a pertinent goal. That is a goal that will have a positive effect on your daily life.
2. Make the goal an attainable goal. The goal can be a challenge but not impossible.
3. Break down the goal into steps. Know where you need to be 3 months and 6 months from now to achieve your goal.
4. Let people know your goals. Friends and family can be great support when motivation lags.
5. Find a partner with similar goals. Keep track with each other even if it just an internet connection. Having someone else to chat with about your progress or challenges meeting a goal is helpful

THE SQUAT



The squat is a good basic move. The squat works the quads, hips, glutes and hamstrings. Toes may be slightly out; feet shoulder width apart and the knees point in the same direction as the toes. Drop your hips back and down, keeping your knees over your toes with your chest up. Exhale as you engage your glutes and push back up into standing position. There are many variations of the squat. I like several of the squat variations as part of a dynamic series.

Stay Fit! Eat Right!

A quick and easy side dish.
 Steamed spinach.
 Take a bag of prewashed baby spinach, pierce the bag and microwave for 2-3 minutes. Salt and pepper to taste and serve immediately. It just doesn't get any easier than this. Great with fish, beef or pasta.

FREE shipping on the Success in the Saddle Core Fitness Program 12/31 and 1/01/11!!



**Three DVD's
 Six 20 minute workouts
 A no excuse path to increased core fitness.
 Get ready for the show season!
 Start your workouts now!
 BUY NOW!**

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

Hi Debbie,

I purchased it right after Regional's; when Stacey told me about it. As I told Stacey the key for me was not purchasing it, but taking it out of the box, and actually using it on a daily basis. Needless to say it stayed in its box until I did my first Michael Poulin clinic with Stacey Dec 11th and 12th. He told me I needed to get into better shape and that my wonderful horse would only be a good as I was as a fit rider. He said I needed to strengthen my abs, seat and groin muscles to be better able to sit his trot.

That was the push I needed! I pulled out your DVD and decided to use it the next day. I thought it would be very easy and I could move up to weights right away. Boy was I wrong! I have not done any exercising except horseback riding for the last couple of years. I ride 5-6 days a week, so I rationalized that was all the time I could spend and all I needed to stay in shape. About 8 years ago, before I took up horseback riding I did killer high impact aerobics on a daily basis.

Your program was really rough for the first week. Now I am getting better at it and liking it more. I hated it at first as I was so sore! It looks easy, but is very effective. Now what I'm doing is coming home from work, doing your DVD, then going to ride. I think the DVD helps me loosen up before I ride.

Thanks for the DVD. I really like it! Regards, Becky

The Fit Trainer interview with STACEY HASTINGS

Stacy Hastings is a USDF certified instructor training through 4th level, USDF bronze, silver and gold medalist, USDF L graduate and she has a long competition record, most recently winning the 1st and 2nd level BLM championships with Tony Woodcock's horse Livingston. She grew up in Southern California has been a professional for 28 years. Her mentor is Michael Poulin who she has trained with for most of that time, but she has worked with many other wonderful instructors as well.

She has been married for 8 years to Scott Hastings and has a 6 year old daughter named Lily who takes jumping lessons and loves it. Lily is not very interested in dressage at this point. Stacy's mother also lives with them, which has been very helpful. They have 3 dogs and 1 cat, a chi Wawa named Taco, a jack Russell named Veronica and a Australian Sheppard named Chloe. Veronica and Chloe come to the barn with me every day, the cat lives outside and Taco stays in bed all day. They live on Lake Davidson and Stacy commutes every day to the barn.



What prompted you to increase your fitness level?

I have always enjoyed challenging my body. Years ago I took martial arts for 4 years and competed a bit, but the last 8 years I found myself not doing anything except just riding especially being a mother and running a household. But one day my husband and I were sitting on the couch eating ice cream. Believe it or not we were watching a infomercial called P90X, and we decided to make a commitment to get off the couch in our spare time and start exercising. So we started with P90X and we both lost weight and got fitter. Now we do other workout routines, but basically it is every other day cardio, and every other day weights 6 days a week. I switch it up every 4 weeks or so, but in general I do Chest and Back on Mondays, Cardio and abs Tuesday, Legs on Wednesday, Cardio and abs on Thursday, arms and shoulders on Fridays and cardio on Saturday. There are days that I miss due to travel or just plain too tired. We always work out first thing in the morning for about an hour or so.

What benefits do you notice your daily life?

We also have been eating much cleaner and we both found that it is fun to work out together every morning and also plan and shop for our meals.

What benefits do you see in your riding?

I have on average 10 horses a day to ride. I will say in the past it was a bit of a struggle, especially with some of the bigger horses towards the end of the day. But I have found that with weight training and cardio I feel so much stronger in my core and in my endurance that I don't even think twice now about how many horses I ride. I am no longer winded or overly challenged in riding a horse that is not connected or unstable in his rhythm. In my daily life it is just nice to be able to get jeans on that I like and people always ask me if I work out and tell me I look fit, which is pretty cool when you are 46 years old.

What is your favorite 'healthy' food?

My husband makes a great turkey chili. That is one of my favorite healthy foods, and unfortunately my favorite indulgence is cake...pretty much any kind.

www.staceyhastingsdressage.com



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