

ONLINE PROGRAMS:

PACKAGES INCLUDE:

ASSESSMENT, PROGRAM DESIGN, COACHING CALLS (INITIAL CALL 60-90MIN, REMAINING CALLS APPROX 45MIN), RE-ADJUSTMENT AS NEEDED. SESSIONS ARE CONDUCTED WEEKLY AT THE START, WITH GRADUALLY LENGTHENING INTERVALS AS YOU ADAPT AND BECOME MORE INDEPENDENT.

KICKSTART: \$575

ABOVE, INCLUDING 4 CALLS

TRANSFORMATION: \$1100

ABOVE, + 9 CALLS (SAVE \$150)

COMPLETE: \$1450

ABOVE, + 13 CALLS (SAVE \$275)

ONGOING SUPPORT:

BASED ON FREQUENCY OF CONTACT & LENGTH OF TIME.

WHY PERSONALIZED COACHING WORKS!

Personal training works because a clear plan and accountability are like a road map and fuel, keeping you moving forward. Rider body training works because it improves balance, control, stamina, accuracy of aids; helps address problems, reduce risk of injury and increase your riding enjoyment. A program blending your lifestyle and riding goals helps you make the most of your time in the saddle, while meeting some of your other wellness needs.

QUESTIONS?

CONTACT HEATHER TO DISCUSS YOUR GOALS & SEE IF ONLINE COACHING IS YOUR NEXT STEP.



EquiFITT.COM

BALANCED COACHING FOR BETTER RIDING, LIVING & SPORT

Specializing in functional fitness training for riders: bring your best to your training partner.

Services available:

Clinics, Workshops & Talks

Personal Training (in person or online)

Riding Instruction

Biomechanics & Posture Coaching

Injury Recovery/Special Conditions/Seniors

Equestrian Fitness eBooks

Wellbeing & Life Coaching

Services for non-riders



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ONLINE COACHING: INDIVIDUALIZED FITNESS PROGRAMS FOR RIDERS

- **Fix issues with asymmetry, muscle memory and accuracy**
- **Complement & accelerate your progress in the saddle.**
- **Merge your riding & fitness goals**
- **Reduce risk of injury, or recover from injury to riding-ready**
- **Be efficient with your time**
- **Do-able from home, barn or on the road**

Balanced Fitness for Better Riding

WWW.EQUIFITT.COM

(613) 258-4866

personaltraining@equifitt.com

HOW IT WORKS & WHAT YOU GET:

ONLINE CLIENT QUOTES

"Heather has a wonderfully positive attitude and it is contagious – even through **online training**. Her knowledge is easily transferred through phone conversations and detailed emails. My program was clear and concise and Heather was available by email to answer any questions I might have, as well as providing motivational follow-up messages." **Laura, Pleasure rider**

"The advantage of the on-line program was that I could work with a person qualified and experienced in working with riders who did not live in my area. The weekly phone conversations helped keep me on track." **Sylvia, Western pleasure**

"I can't believe how much more comfortable my sitting trot is. My legs feel longer in the tack, and my hips and lower back are both looser AND more stable. My body feels so much more workable and flexible since starting my online training program with Equifitt." **Jan, Grand Prix dressage coach**

"I used to have bad tightness in my hips all the time. Now I almost never do." **Lori, dressage rider**

**"Balanced Fitness Training
For Better Riding"**

HOW IT WORKS:

Starting with an initial phone or Skype consultation, you provide Equifitt with health and riding information including photos and video if possible. Your riding goals, fitness needs, lifestyle and other factors are taken into account in the design of your personal training plan. The plan is emailed back to you, and you discuss it with your trainer so that you understand exactly what to do. Follow-up ensures that you stay on track, and that your program keeps evolving with you. Exercises are simple to do, and without expensive equipment because most riders need to fit their workout into their home and barn life. Equipment or favourite non-equestrian physical activities you have access to are factored into your plan.

The training is holistic in nature, in that we draw on many different fitness, conditioning and body training tools depending on each rider's needs. Topics that can get covered include: biomechanics, muscle memory and movement pattern training, classical fitness and conditioning, nutrition, strategies for staying on track while travelling or competing. The best part? You can always take your coach with you when you travel, at no extra charge!

ABOUT YOUR TRAINER

Heather Sansom, Equifitt founder is a certified personal trainer, equestrian trainer (Equine Canada Coach (English



disciplines) and Centered Riding® Instructor), and Life Coach. She has taught on fitness for riders at the U of Guelph, Kemptville, has published over 200 rider fitness articles in leading publications such as Dressage Today, Horse Sport, Hunter and Sport Horse, and Chaff Chat (Australia). She is the author of several rider fitness books available at www.equifitt.com. Heather also speaks and conducts workshops and has spoken at national and international conferences. Equestrian clients range across disciplines, ages and competitive levels from amateurs and pleasure riders to Olympic and elite athletes. Equifitt methods draw on many fitness areas and sport conditioning principles. Individualized programs for riders are tailored to your riding priorities, lifestyle needs and other fitness & life goals such as injury recovery, weight loss, strain prevention, fixing specific riding issues, taking your riding to the next level as an athlete, or other personal goals and life balance challenges.

You can get individualized programs in person or through Online Coaching (bring your coach to you virtually anywhere in the world!).

Questions? Contact Equifitt to discuss your goals & see if online coaching could work for you!

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