

ONLINE PROGRAMS:

PACKAGES INCLUDE:

ASSESSMENT, PROGRAM DESIGN, COACHING CALLS (CALLS 30-45MIN), RE-ADJUSTMENT AS NEEDED. PACKAGES INCLUDE: RIDING VIDEO ANALYSIS, EMAIL SUPPORT, ALL ASPECTS OF FITNESS AND CONDITIONING, MOUNTED RIDING COACHING (WHERE POSSIBLE), AND FLEXIBLE SCHEDULING THAT FITS YOU. PACKAGES TYPICALLY 2-12 MO'S. FEES IN CDN \$. TAX ADDED.

KICKSTART: \$495

ABOVE, + 180 MIN.

TRANSFORMATION: \$950

ABOVE, + 360 MIN.

COMPLETE: \$1200

ABOVE, + 600 MIN

MAINTENANCE CHECK-IN:

PRIVATE ARRANGEMENT

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. Meet your riding AND other wellness or personal goals at the same time. You and your horse are unique. Your training plan should be too.

QUESTIONS?

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



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



Sign up for FREE subscription to fitness tips:

WWW.EQUIFITT.COM

'like' Equifitt.com on Facebook!



ONLINE COACHING: GET THE MOST OUT OF YOUR RIDING & TIME

- Identify asymmetry and compensating patterns
- Complement your investment in riding coaching.
- Align your goals to save time
- Use equipment and options that are easily available to you: at home, office, barn or gym
- Reduce risk of injury,
- Rehab or address chronic conditions
- Learn mind-set skills
- Includes riding video analysis & can include mounted riding coaching

The Leader in Fitness for Unique Riders.

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**

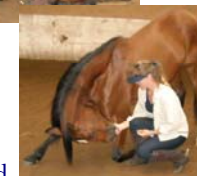
"I used to have bad tightness in my hips all the time. Now I almost never do." **Lori, dressage rider**

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

HOW ITWORKS:

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 is not only a certified personal trainer and experience functional conditioning coach, she is also a certified riding instructor (Centered Riding, Canadian National Coaching Certification Program with Equestrian Canada), and life coach. A lifelong rider, she studies the biomechanics of horse and human working together. An international speaker and author she has published over 200 rider fitness articles in leading equestrian publications including Dressage Today and Horse Sport. She is the author of rider fitness best-seller Fit to Ride in Nine Weeks (www.equifitt.com/fit2ride/)

Heather has worked with riders from all disciplines, including World Games and Olympic riders. Her focus on functional movement and specialization in integrated core training attracts clients who need to address specific issues, or find a one-stop shop for wellbeing coaching and riding performance improvement. Every horse deserves the best you, so that you can work together like you've dreamed you could.

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