



The Fit Rider Newsletter
Interview with Jaralyn Finn
 Brought to you by Success In The Saddle



Broccoli Leek Soup

Healthy comfort food for a cold day.

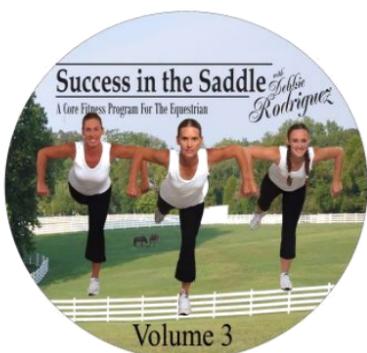
- 1 Tbsp Vegetable Oil
- 1 1/2 cups sliced leeks (white and pale green parts)
- 2 tsp minced garlic
- 1 cup peeled and cubed potatoes
- 6 cups broccoli florets
- 6 cups vegetable stock
- Salt and pepper to taste.

1. Heat oil in 4 qt sauce pan. Add leeks and cook until softened. Stir in garlic and cook 1 additional minute. Add potato cubes and broccoli, cook stirring until potatoes begin to soften.
2. Pour in stock and bring to a boil: reduce heat and simmer uncovered until broccoli is tender (20-25 minutes). Puree in batches using blender or even quicker use and immersion blender. Add salt and pepper to taste. Return to pot and reheat if needed. (makes 6 one cup servings at 98 calories each)



Modified Jumping Jack

Sore knees? Strained lower back? If you are looking to avoid impact for whatever reason just modify the jumping jack with a 'half jack'. Keeping one side grounded, extend arm and leg on one side for how ever many reps you want then switch sides. When you are feeling strong again you will be ready to go right on with a conventional jumping jack.



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"How is it, do you suppose, that some participants in riding sports consider themselves immune from the physical requirements that are standard in all other sports? And, given that prevailing attitude, isn't this a place where you could give yourself an edge if you do pursue fitness?" **Denny Emerson** from his book "How good riders get good"

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

I love your workouts. The leg and hip exercises in particular have been really food for me and have made me stronger. It's great to have a specific workout that helps me ride better. Thank you, Tammy Fort Mill, SC

The Fit Trainer interview with

Jaralyn Finn

www.finessedressage.com



What prompted you to increase your fitness?: Fitness has naturally been a part of my life because I have always loved sports. As a kid, in addition to riding, I played team sports like field hockey, softball and volleyball. I have always liked to jog, hike, play tennis, ski and cycle. In my 20's while working full-time, in addition to riding and teaching in the evenings and on weekends, I got into running 5K's and sprint triathlons. In April 2007, I ran the Paris Marathon in France with my sister who was living there at the time. We went very slowly, but we did finish!

Fitness routine: In 2007 I made dressage training my full-time job and my fitness pursuits shifted significantly. My primary exercise now comes from riding 8-10 horses per day, 5 days per week. If we are not showing, I try to take Sundays and Mondays off, and on those days I usually make room for working out, typically something mildly cardiovascular, like an hour power walk or a 1/2 hr jog or a combination of the two. During the week I aim for two additional 30 minute sessions of walking or jogging. My husband is a fitness enthusiast and tae kwon do instructor, hence we are lucky to have a complete gym in our basement and I can use the treadmill or elliptical when the weather is bad. Some weeks I do 4 miles total, others, I do 8 or 10, it just depends on time constraints and motivation.

I know that resistance training is important for maintaining muscle tone, especially as we get older, so I keep 5lb weights in my room and two mornings each week before I even have coffee, I do a quick set of exercises. I do a few sets of 10 or 15 reps, touching on muscle groups I don't use as much when riding, like my shoulders and quads, and I also add in some stretching. This takes less than 10 minutes, but it helps to wake me up and get the kinks out. I like Debbie Rodriguez's Success in the Saddle DVD's because of her simple but challenging strength building exercises. I have borrowed some of her of leg and arm exercises for my 10 minute-morning stretching/weight routine, and on a weekend day when I have more time, I will follow her DVD for a full workout.

I keep my riding activities balanced with other fitness to help prevent injuries and keep me energetic. If I go too long without a non-riding workout, I tend to wake up stiffer and have less energy throughout the day. And, like it or not, riding 8-10 horses per day won't prevent weight gain if I am not careful (I am an easy keeper!) So I need some cross training just to maintain my metabolism. The bottom line is the fitter I am, the better I ride. I have a better seat, better posture and balance, and can help my horses succeed in their training more effectively when I am staying dedicated to cross training.

Benefits for riding: Staying fit for riding is mandatory - you can't expect your horse to carry you if you can't carry yourself. Its not that riders have to be skinny, I certainly am not, but our performance in the show ring and our success in training at home is held back if we don't have the the core strength and cardiovascular stamina required to ride a horse actively forward with a loose, swinging seat. Debbie's DVD collection has been popular with several of my students, because she focuses on those muscle groups that benefit us the most as riders and help make us aware of various crooked habits and weaknesses.

Favorite healthy food. My current favorite healthy recipe is for fish or veggie tacos, with coleslaw, raw spinach with a little balsamic dressing, a teaspoon of honey mustard, tomatoes, whole corn, salt and pepper and about 1/2 of either a salmon burger or a veggie burger wrapped in a whole wheat tortilla. I am also a big fan of baby spinach salads with cranberries, walnuts or almonds, a 2 tablespoons of chopped onion, carrots and a handful of grape tomatoes with balsamic dressing.

And Indulgence: I am not a dessert girl, sweets don't ever do it for me the way something savory does. My favorite indulgence is a slice of organic nine-grain bread with olive oil and fresh garlic and salt and pepper, toasted in the oven broiler for a few minutes. And usually not just one slice. Hence the need for extra workouts. :)

Jaralyn Finn is a USDF Gold, Silver and Bronze medalist, and a graduate with distinction of the USDF "L" judge program. Jaralyn is a trainer at the Wyndham Oaks dressage boarding facility in Boyds, Maryland, and she and her husband also own a small private training facility in Poolesville, Maryland. She began Finesse Dressage as a full-time endeavor in 2006, after relocating to Maryland from Massachusetts. Her training objective is to help clients achieve a successful partnership with their horse based on a solid understanding of the classical training scale. Visit www.finessedressage.com for further information about Jaralyn.

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