



# Fit Rider Newsletter

Interview with Fit Trainer *Laine Ashker*  
[www.successinthesaddle.com](http://www.successinthesaddle.com)



A New Year's resolution is a commitment that a person makes to one or more personal goals, projects, or the reforming of a habit. A key element to a New Year's Resolution that sets it apart from other resolutions is that it is made in anticipation of the New Year and new beginnings. People committing themselves to a New



Year's resolution generally plan to do so for the whole following year. This lifestyle change is generally interpreted as advantageous.

How are your resolutions holding up?



## Leg Cradle

Standing on one leg with your core engaged raise your ankle and hold it for a count of ten. This is a good feeling stretch for the outer hip and psoas. If you need some help balancing do this one near a chair or wall and keep one hand on it for confidence. Alternate sides with several repetitions keeping your core balanced and engaged.

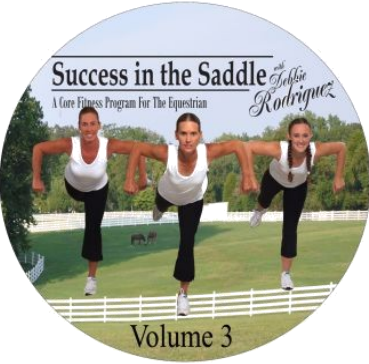
### Vegetable Bean Chili

This one-pot dish, created by culinary nutritionist Stefanie Bryn Sacks, makes a hearty meal. Two types of beans provide plenty of protein to speed recovery as well as fiber to keep you full.

2 tablespoons olive oil  
 2 leeks, thinly sliced  
 1 1/2 tablespoons ground cumin  
 1 1/2 tablespoons chili powder  
 1 red bell pepper, thinly sliced  
 1 zucchini, finely chopped  
 1 yellow squash, finely chopped  
 1 15-ounce can red kidney beans  
 1 15-ounce can garbanzo beans  
 1 28-ounce can diced tomatoes, drained  
 1 6-ounce can tomato paste  
 1/2 cup chopped cilantro, loosely packed  
 Salt to taste

In a large pot, heat oil on medium. Add leeks and saute until soft and slightly golden. Add cumin, chili powder, red pepper, zucchini, and squash and continue to saute for three to five minutes. Pour canned beans into strainer and rinse under cold water. Add to pot with diced tomatoes and tomato paste and mix well. Cover pot and cook on low heat for 10 minutes. Remove cover and cook for another 10

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

I absolutely LOVE these dvds! There is a good amount of variety in each session and they are short enough that I can fit them into my busy college schedule. They are challenging but do-able. I have already started seeing results in my riding and it has only been a few weeks! I don't want to skip a day, they are so much fun!

From a rider on Amazon

## The Fit Trainer interview with Laine Ashker

Laine Ashker is an international three day event rider who has been listed on the USEF High Performance Squad in both 2008 and 2011. She has had the honor of bringing four horses to the four star level, all (except one) of which have been OTTBs. She is currently training for next year's London Olympic Games with her current four star mount and long time equine partner, Anthony Patch. Feel free to "like" Laine Ashker Eventing on Facebook or follow Laine on Twitter @LEAshker.

[www.laineashkereventing.com](http://www.laineashkereventing.com)  
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**What prompted me to increase fitness?** It all began in mid September when my student invited me to join her family in a local Warrior Dash. Being that I had no vague idea of what to expect, my mindset on running races was forever changed as soon as I crossed the finish lines. From there my need for mud runs and military obstacles grew tenfold with my entering a race nearly every weekend through the beginning of December spanning nation wide from California all the way to Florida.

**Fitness routine:** Being that I am a High Performance Equestrian Athlete, staying fit is optimal to my success both on and off my horses! The mud races proved to be a fabulous way to enhance my cardio performance without the monotony of traveling on a paved road. It also promoted team work and communication as it is absolutely vital in order to finish any Tough Mudder race. When preparing for the Tough Mudder races at Wintergreen Ski Resort, Virginia and in Dade City, Florida my fitness regimen was primarily focused on long distance running with a few sprints peppered into the week. Every morning I would hit Gold's Gym bright and early at 6:00 am and lift weights, focusing on different parts of the body depending on the day. I am very fortunate to have an owner and dear friend who is well versed in the weight room, who took the initiative to wake up and meet me every morning and teach me various exercises to improve my many weaknesses.

**Benefits for riding** The perks of being physically fit in accordance with eventing are what separates the good riders from the best in my opinion. Being that the margin of error is so thin at the upper levels, gaining the upper hand through both mental and physical fitness could possibly grant a spot on the Olympic team. At the lower levels, being physically fit is equally as important as well. Being that eventing is based on the harmony and partnership of a horse and his rider, both should apply equal energy into improving his/her self in order to create an even better cohesive horse and rider team.

Furthermore, overall fitness is a necessity to lead a healthy and stable lifestyle. Three years ago when I was involved in a near fatal accident, the doctors accredited my survival to my high fitness level (and my youth). I truly feel that leading a healthy and active life is directly correlated to leading a happy life. After all, who wants to leave this world full of energy? I know I plan on using every last ounce of adrenalin and energy within my being before being buried six feet deep!

**Benefits for life in general:** It is important to know that not everyone need be an ultra marathon runner in order to stay fit to be in the saddle. In my "off season" for my mud runs I like to juggle my fitness routines by incorporating carb blasting kick boxing classes and fun all-women pole dancing classes that MAJORLY work on the strength and tonality of the upper body. Make sure to mix up your fitness routine in order to keep your body guessing, which will in turn burn more calories and spare yourself from becoming too bored with a mundane regimen.

**Favorite healthy food. (And indulgence):** My favorite healthy meal of the day is breakfast where I partake in some oatmeal, a banana with a side of peanut butter (also Elvis's favorite snack) and an Activia yogurt. Getting a well balanced breakfast in your system is key in order to maintain the high-energy level day from dawn till dusk. When it comes to indulgences, my demise is Chipotle. Although I have recently cut out the burrito and opted simply for the bowl, I cannot resist the chicken and rice and the flavor that permeates my taste buds. At least they have now introduced brown rice to the menu which can make me feel way less guilty as I happily chow down on my massive chicken burrito bowl! Hey, they even have an APP for that too!



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