

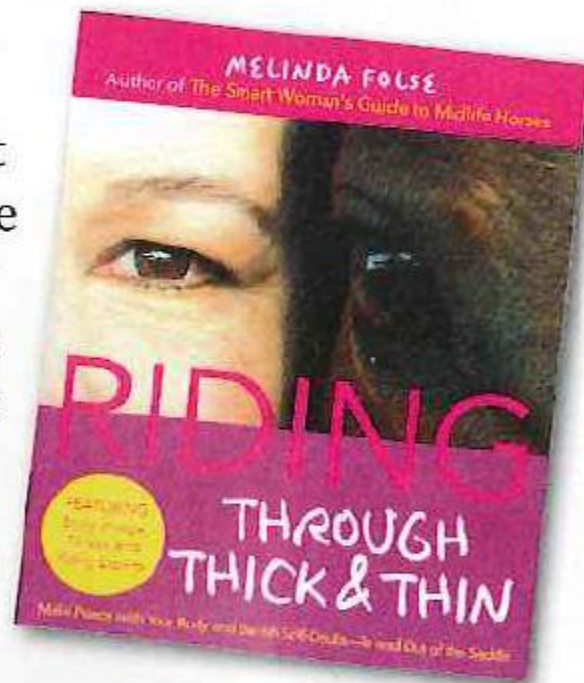
## USDF Connection

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### A Fitness and Body-Image Guide for Riders

Another book on fitness for riders?  
Not exactly.

We all know—don't we?—that we need physical fitness in order to ride well. What we don't know is what to do with the negative self-images and doubts some of us carry into the saddle.



If you've ever cringed at a photo of yourself in white breeches or thought maybe you were too fat, too old, too out of shape, too whatever to have any business being on a horse, then you'll want to pick up *Riding Through Thick and Thin* (Trafalgar Square, 418 pp.). Author Melinda Folse (*The Smart Woman's Guide to Midlife Horses*) tackles the touchy subjects of body image and "fat shaming" in equestrian sports along with lots of, yes, fitness and weight-loss advice (and expert tips on nutrition, wellness, time management, and positive self-talk). Folse would like for riders to understand that they can be effective equestrian athletes even if they don't look like the models in the breeches ads. Maybe they can even learn to like the reflection in the arena mirror.