

— *Top 10* —

REASONS

TO BECOME A HORSE LOVER



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Reasons to Become a Horse Lover

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Top 10 Reasons to Become a Horse Lover

There are countless reasons to love the companionship of horses. Here are a few of my thoughts about what made me open my soul to these beautiful creatures.





1. Get inspired

Horses are creatures of beauty, and though beauty differs from eye to eye, that may barely be true for these magnificent animals. They have never failed to inspire artists and poets through the ages, leaving a mark on both paper and spirit.

Pam Brown, a 19th-century British writer believes horses enhance our virtues, and why shouldn't she? Can a creature of nature inspire us to be better human beings? Most certainly it can.

A horse is the projection of peoples' dreams about themselves — strong, powerful, beautiful — and it has the capability of giving us escape from our mundane existence.

--Pam Brown --



2. Be Confident

Have you ever felt too short or too weak? Climb on a powerful horse and let go of your fears. Did you know horses can provide therapy in many ways?

In fact, riding has been used as therapy since the Ancient Greek times and many of the people it benefits today are children, including those with physical and emotional disabilities.

Kids are carefully placed on a horse, and some of them have never walked. Mounting and dismounting enhance the range of motion; muscles that didn't work before suddenly react.

Kids that spent their lives in wheelchairs experience something they've never had before: what it feels like to walk.

There is such a liberation when you're riding. You discover an incredible sense of freedom, a world that will always be around you.



3. Horses are Valuable Teachers

Horses see right through us – they have an unbelievable ability to reflect our internal emotions inspiring us to learn about ourselves and grow bold. But why are they so good at mirroring the rider's emotion?

Horses can perceive emotions through movement, moreover, science has shown that horses don't lie, remain in the present moment, and are forgiving.

Honesty comes first in your relationship with a horse. Unlike us, our quadruple friends don't have an ego, their reality is not altered by what they desire or belief. Horses only see the truth.



4. Enjoy a Great Workout

Burning calories and toning muscles while enjoying nature can prove to be a great workout for both your body and mind. The combination of barn work, grooming, and regular ridings can probably replace your gym subscription.

Not to mention the mental effort it takes to control such a massive animal.

Horseback riding, like most sports, will keep you active. According to HealthStatus.com, a person weighing 68 kg riding at a walk, would burn 171 calories per hour, which is almost identical to walking on foot two miles per hour.

441 calories are burned in an hour of trotting, and 549 calories are burned in an hour of galloping. Ready to sweat it off?



5. Stand Tall in Life

Horses are fun to be with, and kids, in particular, will get hours of excitement in their company. Moreover, horses teach responsibility and caring.

Just imagine, tiny riders meet a horse 20 times their size for the first time and they're eager to learn how to handle that power.

While owning a horse comes with many responsibilities, it can also bring satisfaction to both individuals and families.

Kids grow up in a responsible and devoted environment, young people can immerse into a healthy pass-time, and adults can find their fulfillment in a rewarding life. I know I did.



6. Improve Your Social Life

Riding opens a new door to a variety of social activities. From hanging out at the barn with friends to attending shows or group rides, you'll always be part of a unique community of people.

Always bonded together, this special connection will help you overcome cultural and social differences amongst horse lovers.

This, in turn, helps understand different personalities and builds your people skills, amongst other things. For me, riding has become a social activity.

I do it together with my friends and I'm always keen on meeting new, interesting people with different perspectives on life.



7. Stay Healthy

How many times have you sought out your horse to relax and reduce stress? Horses are great therapists, their very presence can lower the blood pressure and improve your mood.

They also seem to sense depression and pain and will often react in amazing ways. No wonder Winston Churchill was famously quoted as saying:

The outside of a horse is good for the inside of a man.



8. Explore Riding Styles

There's a variety of riding disciplines, from the elegant 'English riding' across the countryside to adventurous show-jumping.

On the other side of the saddle, dressage is one of the most difficult equestrian sports and requires the rider and his horse to be in perfect harmony.

Horseback riding is anything but boring, and when it comes to these beautiful animals it doesn't matter what style of riding you choose.

It might as well be a relaxing ride to the woods, you'll still get a great workout along one of the most fascinating creatures on Earth.



9. Stay Close to Nature

Want to be more 'in tune' with nature? Saddle up! Take in the beautiful scenery from a new perspective: on horseback. Make it a family adventure with trail rides through mountain paths and peaceful valleys, by waterfalls and rivers.

What better way to enjoy the great outdoors and reconnect with our land.

Spending time in nature renews your sense of wonder. In all this urban noise, we often need a retreat, a place where to quiet our mind and find our center of balance: a forest and a horse.



10. Develop a Connection Beyond Species

When we engage with both body and mind, we learn how to respond with skill. We become better listeners, we cross the language barrier and develop a unique bond with our horse.

A horse does not belong to man, it belongs to freedom.

--Frédéric Pignon --

Just watch one of the Frédéric Pignon videos, one of the most appreciated horse trainers of our times, and you'll be amazed by the communication between rider and horse.

Let yourself discover a creature of freedom and become one with it.



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