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Busy Beaver All-Breed National Stallion Directory

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The Many Benefits of

by Kim Foreman

Daily exercise is essential for the over-all health of your horse. A daily workout benefits your horse in the following ways:

- Increases stamina and endurance;
- Improves the function of heart & lungs;
- Tones/improves functioning of muscles, tendons & ligaments;
- Facilitates/maintains proper bone and hoof development;
- Aids the digestive tract;
- Increases clearance from lungs;
- Improves immune system by increasing resistance to disease;
- Prevents behavioral problems associated with confinement;
- Keeps your horse mentally alert resulting in quicker reflexes and better coordination.

As part of your horse's fitness and conditioning, a daily workout gives you the opportunity to work with your horse in ways that will not only improve his/her physical & mental health, but will also improve your health and working relationship with your horse as well.

If you haven't been exercising your horse on a daily basis, it's important to take a look at the horse's physical condition before beginning an exercise program and then easing into the program. By monitoring the horse's condition before and after each workout, you will have a good idea of how well your work out program is progressing.

Whether your horse is young or old, isn't used to much physical activity or has health issues, you will need to start with light exercise and gradually work up to a level that will either maintain or improve their current level of fitness.

There are several ways to exercise your horse. Some of the most popular ways are using treadmills, longe lining, hot walkers, riding, and driving them. All horses learn at a different rate, so it is important to be patient while exercising your horse. A gradual warm-up is essential for getting the best performance and for reducing the chance of injuries. It involves a gradual increase in exercise intensity so that the horse moves freely and relaxes mentally.

Stretching and suppling exercises help limit injuries and enhance sensory nerve endings in muscles, tendons, ligaments and joints. Suppling





Exercising Your Horse

exercises increase your horse's movement and elasticity, and greatly reduce the chances of pulled muscles or tendons. In addition, these exercises improve circulation and help relieve pain, inflammation and muscle spasms. Horses that are pastured and free to move around most or all of the day will still benefit from a short 15 to 20 minute workout each day. Those that are stabled most of the time should be worked for 30 minutes each day and will benefit most from an hour or more of exercise activity. After exercise, they need to gradually cool down, be wiped down and remain in motion until their body heat has normalized.

Depending on your horse's workload and whether or not they are a performance or competition horse, your daily workout will be specific to the kind of work they do. The daily workout helps condition your horse for the type of work needed.

You may want to use a treadmill to exercise your horse. Work on a treadmill begins by warming up with the surface flat and walking the horse for a few minutes. The speed is then increased gradually and the surface of the treadmill may be inclined to increase the exercise level. At the end of the workout the speed is reduced to allow a gradual warm down ending with a period of walking.

If you have access to a pool where your horse can swim, swimming can become part of the daily workout. Although most horses swim well, extra care should be taken the first time you put them into a pool because some horses may sink and others might become distressed. It is recommended that horses swim very briefly the first time and gradually build up to 10-20 minutes over time. If your horse has other health issues, please consult your veterinarian before starting this therapy.

According to Adam Yoder from the Elite Therapy Barn in Shipshewana, Indiana, they have been helping horses with different issues to exercise in an effort to aid in their healing and keep their stress levels manageable. Adam Yoder, who has been practicing these principles for 15 years, says "Exercise is Key to the Attitude and Healing of the Horse." For the past five years the Elite Therapy Barn has been able to assist many horses in returning them to perfect health and happiness.

Elite Therapy Barn 260-768-4330







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The USTA plans to be at the following sales in 2022. Stop by to submit your paperwork or ask any questions:

- ≥ PA Driving Horse Sale
- ≥ Blooded Horse Sale (Springfield; Feb, May, Aug, & Nov)
- ≥ Mid-Michigan (March & October)
- ≥ Mid-Ohio Memorial Trotting Sale
- ≥ East Coast Harness Horse Sale
- ≥ Topeka Yearling Sale
- ≥ Buckeye Classic Yearling Sale
- ≥ Hoosier Classic Yearling Sale
- ≥ Northeast Ohio Yearling Sale
- ≥ The Black Book Sale (Harrisburg)
- ≥ Michiana Yearling/Midwest Mixed (Shipshewana)
- ≥ Mid-Ohio Standardbred Yearling Sale
- ≥ Topeka Standardbred Trotting Breeder's Sale

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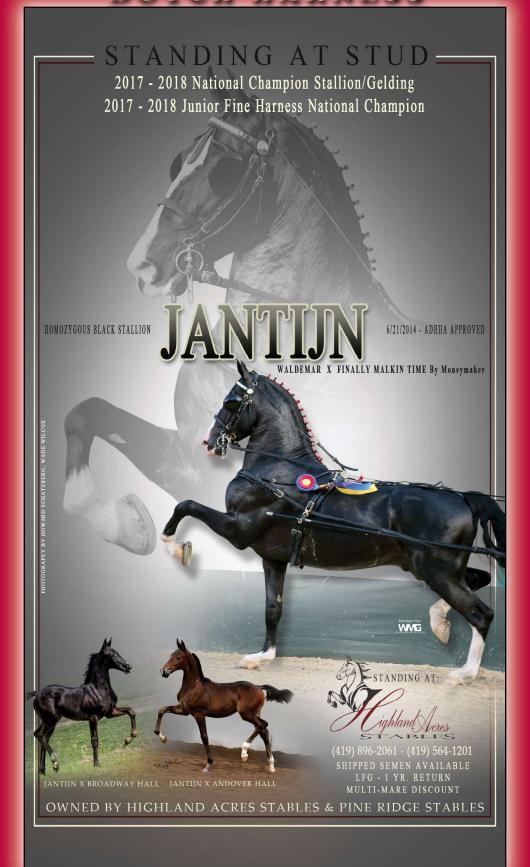
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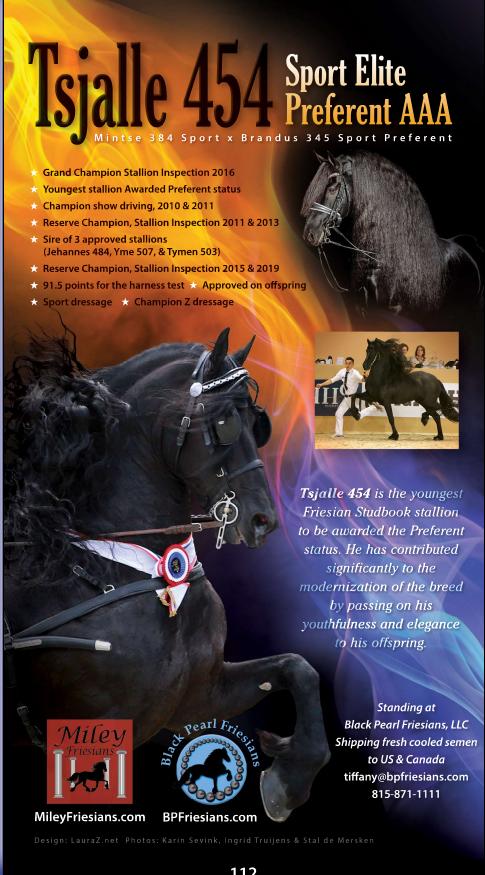


BELGIANS

Misty Springs BELGIANS #S71974 - 2/23/2016 DETWEILER'S PRINCE'S DIAMOND AGRESTORE CARITA BY COWBOY CHIEF SR. & GR. CHAMPION STALLION 2021 BRIEDERS' CHALLENGE CLASSIC SULLIVAN, OHIO SR. & GR. CHAMPION STALLION 2021 MGLI LANSING, MICHIGAN SR. & GR. CHAMPION STALLION 2021 LAPORTE CO, DRAFT SHOW LAPORTE, INDIANA THANKS TO EVERYONE WHO BRED TO DREAM IN 2021! DREAM IS STANDING IN 2022 AT: Shipped Semen | On-Farm Breeding Service Fee: \$800 | Multi-Mare Discount 4351 SR 557 - Millersburg, OH 44654 | Ph: (330) 231-2776 OWNED BY PETER YODER, BRIAN HEURING & NEBERGALL BROS.

DUTCH HARNESS





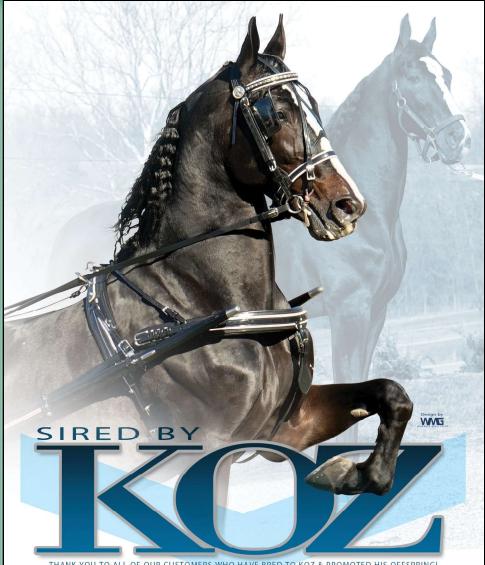
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