

# Your Ultimate Guide to Fall in Love with Horses in Mid Life and Beyond

For many people, the love for horses is something that doesn't fade away with time. In fact, it often grows even stronger as we enter midlife and beyond.

Whether you're a seasoned equestrian or have always admired these majestic creatures from afar, there is no better time than now to indulge in your passion for horses. This comprehensive guide will take you through everything you need to know about loving horses, from finding the perfect companion to taking care of them, and even exploring new horse-related activities. So, saddle up and let's dive into the world of horses!

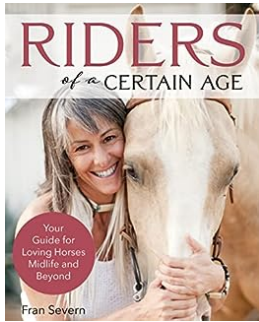
## 1. Choosing the Right Horse

One of the most important aspects of falling in love with horses is finding the right equine partner. Different breeds have different temperaments and purposes, so it's essential to choose a horse that matches your personality, experience level, and desired activities. Whether you're interested in leisurely trail rides or competitive showjumping, there's a horse out there for you.

## 2. Building a Strong Bond

Building a strong bond with your horse is crucial for a fulfilling and enjoyable equestrian journey. Spend quality time with your horse, groom them, and establish trust through gentle and consistent handling. With patience and affection, you'll develop a special connection that will enhance your overall experience with horses.

**Riders of a Certain Age: Your Go-To Guide for Loving Horses Mid-Life and Beyond**



by Severn Fran (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 2493 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Print length : 252 pages



### 3. Caring for Your Equine Companion

Proper care is essential to keep your horse healthy and happy. This includes providing a well-balanced diet, regular exercise, grooming, and veterinary care. Understanding basic equine needs and maintaining a clean and safe environment are key elements of responsible horse ownership.

### 4. Exploring Different Riding Disciplines

Horseback riding offers a wide range of disciplines to explore, each with its own unique challenges and rewards. Whether you prefer the elegance of dressage, the thrill of showjumping, the adrenaline of barrel racing, or the serenity of trail riding, there's a discipline that perfectly suits your interests and goals.

### 5. Expanding Your Knowledge

Learning about horses is a lifelong journey. Don't hesitate to expand your knowledge through books, online resources, and by connecting with experienced horse enthusiasts. Attend workshops, clinics, and even consider taking riding lessons to hone your skills and deepen your understanding of these remarkable animals.

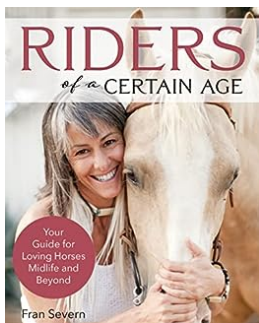
### 6. Exploring Equine-Assisted Therapy

Horses have a remarkable ability to heal and provide emotional support. Equine-assisted therapy has gained popularity in recent years, offering a unique way to improve mental health and overall well-being. If you're looking for a therapeutic and transformative experience, consider incorporating this form of therapy into your horse-loving journey.

## 7. Joining Equestrian Communities

Being part of an equestrian community can be incredibly rewarding. Connect with fellow horse enthusiasts, join local riding clubs, or even consider volunteering at equine-related events. Engaging with like-minded individuals will not only enhance your horse-related experiences but also provide a support network for sharing knowledge and creating lasting friendships.

Loving horses in midlife and beyond is a fulfilling and enriching experience. Whether you're a seasoned rider or just starting your equestrian journey, there's no better time to follow your passion for these magnificent creatures. Remember, the key to a successful horse-human relationship lies in choosing the right horse, building a strong bond, providing proper care, exploring different disciplines, expanding your knowledge, considering equine-assisted therapy, and joining equestrian communities. So, grab those reins, experience the thrill of riding, and let your love for horses pave the way for unforgettable adventures.



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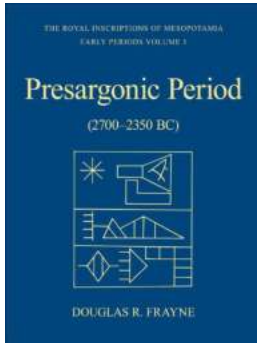
A delightfully honest look at the realities of starting out with horses...when you're getting older.

Are you a woman at midlife or beyond? Have you just discovered you have a passion for horses? Or maybe you've now found time for them after years devoted to a job and family? Surveys show that riders over the age of 40 are the fastest growing segment of the equestrian world, with those age 65 and above seeing the biggest jump—so you are far from alone!

With carefully curated guidance collected over years of horsing around, rider and writer Fran Severn wants to embolden and empower you with tips, lessons, and advice as you begin enjoying a life with horses in it. In these pages, you'll find options for:

- Riding...and not riding (but still having horses in your life).
- Finding an instructor and being a good student.
- Coming to grips with what your body can and can't do in terms of fitness, weight, and fear.
- Understanding the realities of arthritis, menopause, and changing vision, hearing, and breathing.
- Knowing the rules for buying, leasing, and boarding horses.
- Dealing with family and horse-related finances.
- And much more.

Riders of a Certain Age provides an important reference to any older individual who craves the companionship of a horse and the sisterhood that can go along with it.



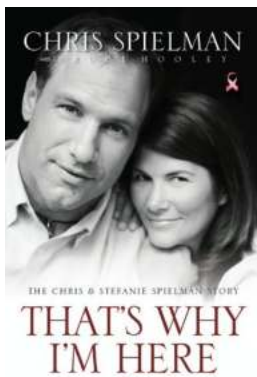
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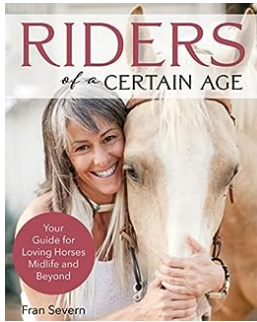
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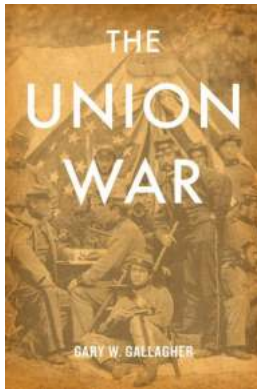
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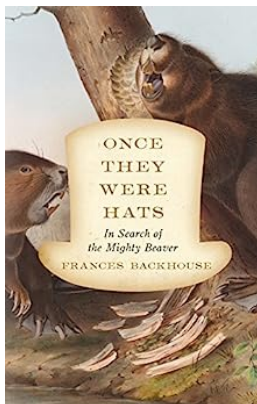
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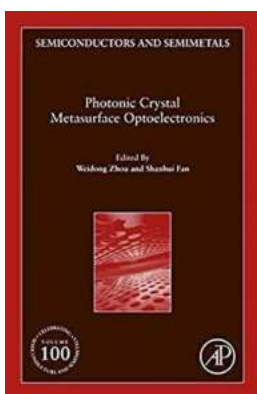
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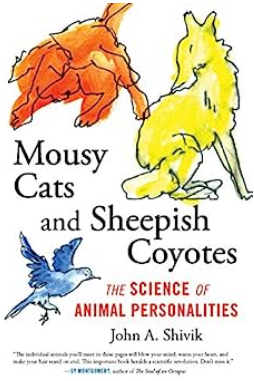
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