

WORKOUT LIKE A HORSE!



Just like humans, horses need regular exercise in order to stay healthy and happy.

In fact, horse exercise is a lot like human exercise! A typical horse workout will include a warm-up, stretches, various activities like walking, trotting, cantering and jumping, and a cool-down period. Each phase of the workout is important in order to prevent any injuries to the horse's muscles!

Activity: Create your own workout at home.

- Make sure to stretch well, then warm up your muscles by walking or riding your bike before you begin!
- Create your own home workout by doing things like push-ups, jumping jacks, sit-ups and crab walks.
- Take a video of your workout and share it with us on Facebook!



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