

DES MOINES, IA, September 26, 2013 **/24-7PressRelease/** -- Horseback riding is an activity that people of all ages can participate in and something that Marnie Zahn-Resnick has found great joy in doing. Not only does it provide a way to connect with animals and nature, it is also has many physical and mental benefits. A recent

[article](#)

in the Bermuda Sun highlights the benefits that horseback riding can provide.

People have ridden horses for centuries. It is an activity that many people enjoy because it allows them to relax and connect with the outdoors. Some people ride competitively and find pleasure in the challenges that it presents. Regardless of the reason for riding, it can have many health benefits. Studies have shown that interacting with animals can promote lower blood pressure and cholesterol. Exercising outdoors also helps to make people feel better and relieves stress.

One of the main benefits of horseback riding is the workout that it provides for the body. Riding a horse builds core body and lower leg strength. As the horse moves, the rider must constantly adjust their balance. This requires contracting and relaxing different muscles, which helps to strengthen and tone them. It also helps to build core strength which is necessary to retain proper posture and balance. The muscles in the trunk, pelvis, and thighs all become stronger. Depending on the speed and type of movement that rider instructs of the horse, the leg muscles also receive a frequent workout. Rigorous riding can also burn calories because the body is constantly in motion and the muscles are working hard. Trotting and cantering are beneficial for the respiratory and circulatory systems.

Horseback riding also increases coordination. The rider must learn how to stay balanced while still instructing the horse to move in certain directions or at different speeds. The legs are used for a great deal of control, so coordinating how the muscles move to get the desired response from the horse is important.

There are also mental benefits to engaging in horseback riding. Many people find the act of riding a horse very relaxing and enjoyable. Following different riding paths, seeing the beauty of nature, and interacting with the horse helps them to relieve stress. The article notes that "there is a real sense of exhilaration and freedom when you ride, a feeling that is second to none." People can also build up their confidence by taking on the responsibility of caring for and controlling such a large animal.

"Riding is a workout for your entire body," says Marnie Zahn-Resnick. "You feel it in all of your muscles at first, but as your body becomes stronger and more toned, you notice the positive

Marnie Zahn-Resnick Promotes Health Benefits of Horseback Riding

Written by Australian Business

difference that it makes. You learn better posture because you have to maintain your balance while riding. After a long day it can be very relaxing to just take a long ride and enjoy the sights and sounds of nature." Marnie Zahn-Resnick enjoys all of the benefits that horseback riding provides.

ABOUT:

Marnie Zahn-Resnick is an experienced baker and entrepreneur. Her knowledge and experience in baking have won her multiple awards for her work. She is the co-founder of Annie's Euro Bakery which she later sold to David's Cookies. She continues to work for the company but has taken on the role of Florida territory manager. In her free time she enjoys horseback riding, traveling, and shopping. She is also a strong supporter of giving back to the community.