



# Ready to Ride Again?

HorseQuest, a national equine resource team founded by the UK College of Agriculture, reports that women over 40 are the most frequent visitors to its Web site.

Many adults now have time to resume a sport they loved as children. If this describes you, one thing for sure is that your muscles will recover more slowly than you remembered!

In addition to managing a creakier body, you should consider other ways to return to riding safely. Use modern, technologically improved safety equipment such as breakaway stirrups, better helmets and protective vests.

Also, if you are riding a friend's horse, don't assume it is "bomb-proof," no matter what the owner says. Horses respond to individual riders in different ways, so always use caution.

It is advisable to take a few lessons from a responsible trainer, in addition to using modern safety equipment, to have the safest possible return to this wonderful sport. If you are returning to riding, whether you are male or female, you can share your tips with others on our Saddle Up SAFELY Web site ([www.saddleupSAFELY.org](http://www.saddleupSAFELY.org)).

Help make a great sport safer, regardless of your age!

*Dr. Fernanda C. Camargo and her friend Skye.*



Read Dr. Camargo's horseback riding safety blog  
by following the link at [saddleupSAFELY.org](http://saddleupSAFELY.org).