

## How Can Equine-Assisted Activities Improve **Quality of Life** for Individuals with Disabilities?

# HORSEBACK RIDING CAN HAVE A POSITIVE IMPACT ON HEALTH BEYOND BODY STRUCTURE AND FUNCTION.

Mind, body, and soul



It can be a challenge to find accessible, meaningful activities for individuals with disabilities. Unlike many other activities, horseback riding can be adapted to the rider's needs to allow them to experience success and more fulfillment while being active.

**30 MIN OF RIDING =  
30 MIN OF WALKING**

## IMPROVED...

### MIND

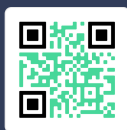
- Self-esteem
- Self-confidence
- Empowerment
- Motivation
- Wellbeing and perception of health
- Mental health
- Life fulfillment

### BODY

- Balance
- Coordination
- Trunk, back, and pelvic muscle strength
- Quality of sleep
- Fitness
- Energy

### SOUL

- Mood
- Social interaction
- Feeling of community and belonging
- Access to nature
- Mental recuperation and mindfulness



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### References:

Borgi, Marta, et al. "Effectiveness of a standardized equine-assisted therapy program for children with autism spectrum disorder." *Journal of Autism and Developmental Disorders*, vol. 46, no. 1, 2016, p. 1+. Gale Academic OneFile, [link.gale.com/apps/doc/A442893071/AONE?u=tel\\_a\\_belmont&sid=AONE&xid=f34847ea](http://link.gale.com/apps/doc/A442893071/AONE?u=tel_a_belmont&sid=AONE&xid=f34847ea). Accessed 4 Mar. 2021.