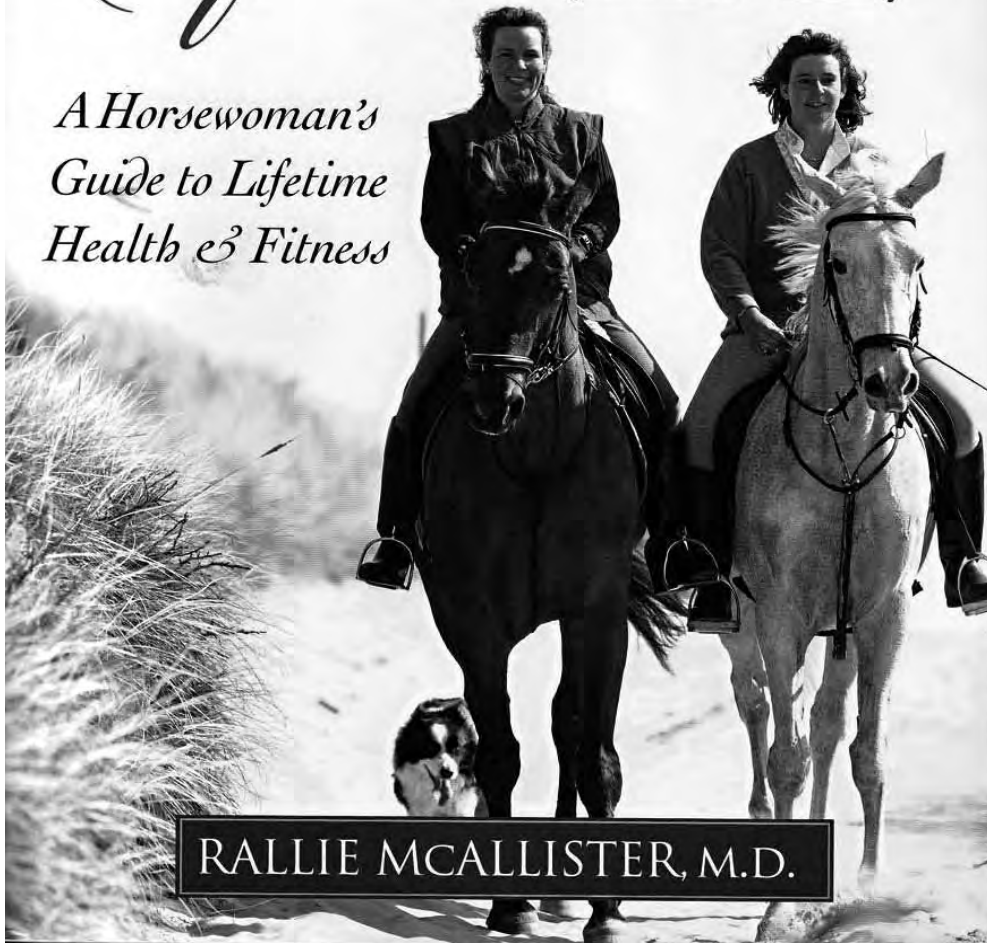


RIDING *For* LIFE

*A Horsewoman's
Guide to Lifetime
Health & Fitness*



RALLIE MCALLISTER, M.D.

A Book Report by Howard Powers
Longtime Marion Horseman

RIDING FOR LIFE

A Horsewoman's Guide to Lifetime Health and Fitness

BY RALLIE MCALLISTER, M.D.

Riding for Life is not a pocket handbook for female equestrians. It is a complete manual for any woman interested in her well-being, regardless if she is interested horses or not, covering every physical and mental phase of her life.

Dr. McAllister, a lifelong horsewoman, wife, mother, family practitioner and author with several books to her credit, begins with an eleven-section assessment of your physical and mental condition, which provides a guideline to understanding the many problems every woman faces in her lifetime. Not only does she give you a listing of the problems, but goes on into detail about their cause, symptoms and treatments or cures.

She then launches into nutrition, including food consumed, supplements, sources of carbohydrates, proteins, fats and the effect each has on the body. She suggests healthy menus and goes on to explain how nuts, chocolate and other extras can be included

successfully in your diet.

Coffee, tea and other drinks are also analyzed and discussed.

Female anatomy is her next topic and she goes into extensive detail about how each muscle is related to some phase of your riding. This is followed by a 50-page regimen of exercise and weight lifting that would do justice to a professional athlete.

Then and only then does she move onto a discussion of your involvement with horses.

She lays out various solutions to ownership or otherwise realizing your dream of being involved with horses. She explains the costs, care, time involved, various plans for different levels of interest from beginning lessons for novices, leasing for those unable to own a horse, and on into detail regarding all phases of horse care and health. She speaks from experience, as she grew up with horses and owned and managed her own facility, which at its peak numbered 80 horses.

This is a book that every woman should read if only to analyze her own physical condition and lay out a program for maintaining her health whether she rides horses, motorcycles, a bicycle or just walks.