



Getting my Fat Horse *Fit*

with clicker training

Fat



Everything

that helped

me succeed



Fit





HippoLogic
Clicker Training Academy

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5 TOOLS TO GET FAT HORSES FIT

With Clicker Training

2

5 REASONS MOST R+ TRAINING FAILS

Plus solutions to prevent these pitfalls

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WHO AM I?

And what makes me an experience expert

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HOW TO SUCCEED

Get started today!

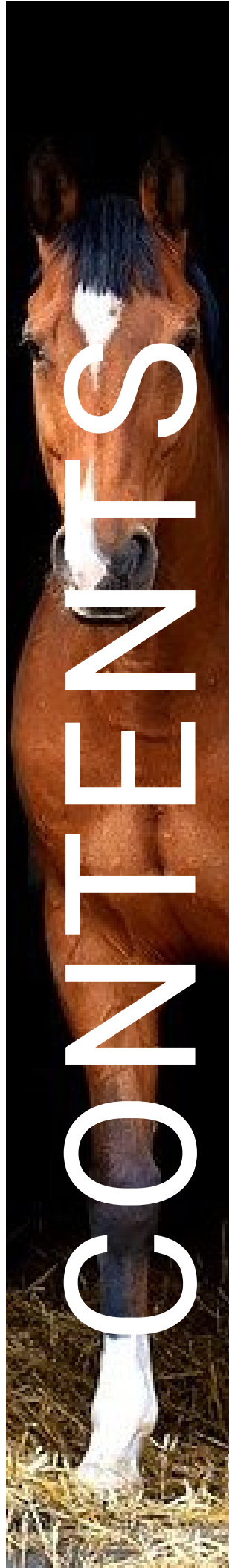
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INVITATION

A special invite to assess *your* Movement Training skills.



CONTENTS





HippoLogic Horse Training

clickertraining.ca

5 Tools to get Fat Horses Fit

with Clicker Training

- ✓ Knowledge
- ✓ Training plan
- ✓ Training Schedule
- ✓ Focus
- ✓ Support



NEXT: Reasons Movement Training Fails

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HippoLogic Horse Training

5 Common Reasons Movement Training Fails and what to do about it

1. You don't know what **works** and what doesn't, in order to get your horse fit
2. You don't have a **solid training plan to get started**
3. You didn't **schedule** your training sessions
- 4a. You got **distracted** from your intention to exercise your horse on a regular basis
- 4b. You **gave up**, before getting results
5. You didn't make yourself **accountable** and lost motivation



In the next pages I'll give solutions to prevent you from falling into these common pitfalls.

But first: what makes me an expert?

SANDRA POPPEMA, BSC





Sandra Poppema, HippoLogic



Hello!

I'M SANDRA

I'm an Positive Reinforcement horse trainer & clicker coach. I've been helping horse owners to clicker train their horses for over 25 years. I teach people to use positive reinforcement in their daily interactions and as communication tool. This way clicker training enhances the horse-human relationship. We also create safer horses when we learn to listen better. With clicker training we built confidence, trust and a clear two-way communication.

When Kyra got laminitis and was diagnosed with EMS (Equine Metabolic Syndrome) I refused to fall back on traditional/NH training methods that would damage the bond I had so carefully built with Kyra, my wild born horse.

I developed R+ Movement Training to get Kyra interested in moving and she lost a significant amount of weight. She never got laminitis again!

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Get started TODAY!

Knowlegde



Find trustworthy resources about positive reinforcement training, weight loss for horses and laminitis/EMS:

- Search for **science based resources**. Make a list
- Find **experience experts**: people who have *proven* success records
- Build your own knowledge base by **tracking** what works and what doesn't work for your horse and why. Some things that won't work today might work tomorrow!
- Start asking **questions** as much as possible (even when you think it's a silly question!)

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Training Plan

Writing a Training & Exercise plan for your horse helps! By writing a plan you **have to think about what your approach is** before you start! You'll get a better idea what your plan entails.

Include the following in your Training Plan:

- Exercises to burn calories. Keep in mind that Movement Training only works when you exercise your horse **consistently** (see chapter 'Training Schedule')
- Make a plan for *training* your horse to *offer* movement voluntarily, using **positive reinforcement**
- **Include a schedule** for building *duration* in walk and trot, so that you build stamina in your horse
- Make a habit of **tracking your training**. How long does your horse walk/trot before he slows down or quits? Did your results improve after 5 sessions?
- Include your criteria and when you'll increase them. This helps you stay focused on **improving** your horse's health.

SANDRA POPPEMA, BSC





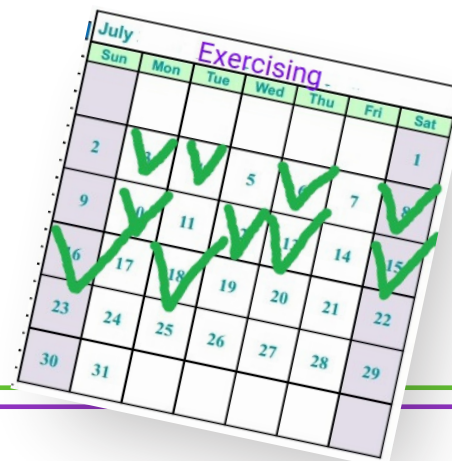
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Planning



Make a plan for one month (4 weeks) and one for the next quarter (3 months). Only when you have a solid plan you'll succeed in making Movement Training a habit.

- What days *can* you spent time exercising your horse?
- What days won't work to exercise your horse? Don't include those days in your training schedule!
- Can you make 5 - 15 minutes of daily Movement Training a **priority**?
- Do you have other priorities in the next 30-90 days? Vacation? Work? Make sure your horse still gets his necessary Movement Training.
- **Analyse each week** what worked and what didn't work.
- Use a calendar to draw a big green check mark on each training day. This gives insight and help you stay **motivated!**



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Get started TODAY!

Focus

Most horse owners let themselves get **distracted** from their goals, when they don't know if they are doing it right.

With a **training plan** and a **schedule** (see previous pages) it's really **easy to focus on Movement Training!**

The second reason people lose focus, is when they don't see results fast. They get demotivated or think that what they're doing isn't working and they'll quit.

Tips to Focus:

- **Track** your training
- Remember that it **takes time** to get results. Stick with it!
- Create a **support** system, see next page.



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Support



With the right support, helping your fat horse get fit is totally possible! **Avoid people who are unsupportive** until you've booked results! **Create a support team** for **accountability** and help you get through this hard time!

My support team looked like this:

- My husband researched scientific studies on keeping my laminitis/EMS horse healthy. Lots' of resources even the scientific ones contradict each other. Having someone to sift through them for me (while I was in overwhelm of having a very sick horse in pain) really helped!
- Accountability partner. I had a friend to check in about my exercise program with Kyra. Even on days I didn't make it, she supported me by listening and breaking the next step down for me, so I kept going.
- I got a tribe with like-minded horse people (clicker trainers). They gave me hope that Movement Training with positive reinforcement was POSSIBLE! Which was HUGE!
- I got help making a Training Plan and Schedule



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HippoLogic
Clicker Training Academy



Sandra Poppema, BSc

INVITATION

Imagine what your life would be like, when you're 100% confident to **exercise your overweight horse with clicker training**. What if you were able to **help your horse love his movement training**, using food rewards? How would you feel if you would have the confidence and support to help get your fat horse fit, happy and healthy?

If you want this and want to find out what's stopping you, then I invite you to take the Clicker Training Assessment for Overweight Horses.

Click to
Book Assessment!

It's **100% free of charge and there is no obligation of any kind**.

By doing this assessment you'll discover what your roadblocks are, that are stopping you from getting a healthy horse that loves to move. A fit horse that loves you.

<http://clickertraining.ca>



Getting my **Fat Horse** Fit *with clicker training*

This is Kyra, my horse. She got acute laminitis when she just turned 8 years old. The vet told me that most horses got the diagnoses for Equine Metabolic Syndrome between 8 - 12 years old.

The vet told me: No more treats! He advised a (crash) diet and lunging. That didn't work for us: Kyra got all kinds of behaviour problems (wood chewing, pacing, hard to handle) because of it, and I felt *miserable*!

I changed her diet and management in ways that benefitted her welfare. I started using positive reinforcement Movement Training instead of lunging and round penning. Kyra started to enjoy her daily exercises! I stuck with my new regime consistently and Kyra got fit in 3 months.



Fat



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Fit



Getting my **Fat Horse** Fit

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I changed the diet and management. I started using clicker training instead of lunging and round penning so Kyra started to enjoy her exercises! I stuck with it consistently and these were my results from August to October.



Before



Get on a call
with me



After