

Horses as Catalysts for Healthy Aging

The Wisdom Factory: Conscious Ageing Series

with Alice MacGillivray, PhD

!! Community !!

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Bluebird Lane

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About Bluebird Lane Fjords

Why the Name Bluebird Lane?

Shortly after moving to our rural property we were inspired by a local bird-enthusiast, Barrie Hopkins, who wrote an article in our local paper about the plight of the Eastern Bluebird.

The species had lost up to 90% of its population through a combination of loss of habitat, wide-spread pesticide use, and competition with non-native starlings and house sparrows.

That year, following Barrie's published plan, we made



Praise ♥

Lori seems to bring out the strengths in every horse, and works to nudge away any problems. Every horse in the barn was unique and she was working with each of them to create living, breathing, trusting works of art...

Community Stories



Connection with Nature



Photo: Alice MacGillivray

Longevity

- * “Horsey” women live longer ;-)
- * Double blind study followed women in different age groups over 40 years
- * Groups:
 - * horse owners (for at least five years) & non-horse owners
 - * 10-year age spans
- * Most significant spike in longevity came at the 65-75 age span which showed highest disparity: 20 years longer lives for horse women. Also lower blood pressure, less diabetes and healthier hearts

Ginny Wegener



On her 2nd Century Club ride in 2011
<http://horsejunkiesunited.com/2015/04/21/still-got-it-dressage-at-92-years-old/>

Therapy

“I always say – horses are a lot cheaper than therapy!”

Excerpt From: Alice E. MacGillivray. “Riding Horseback in Purple.” iBooks.

Therapy Horses



http://www.huffingtonpost.ca/entry/miniature-therapy-horses_us_55f97258e4b0b48f67015c84
[Arin Greenwood](#)

Therapeutic Riding



Adventures

Long Rider Bernice Ende



©Dusty Perin

From The Horse Channel: Dusty Perin

Fitness

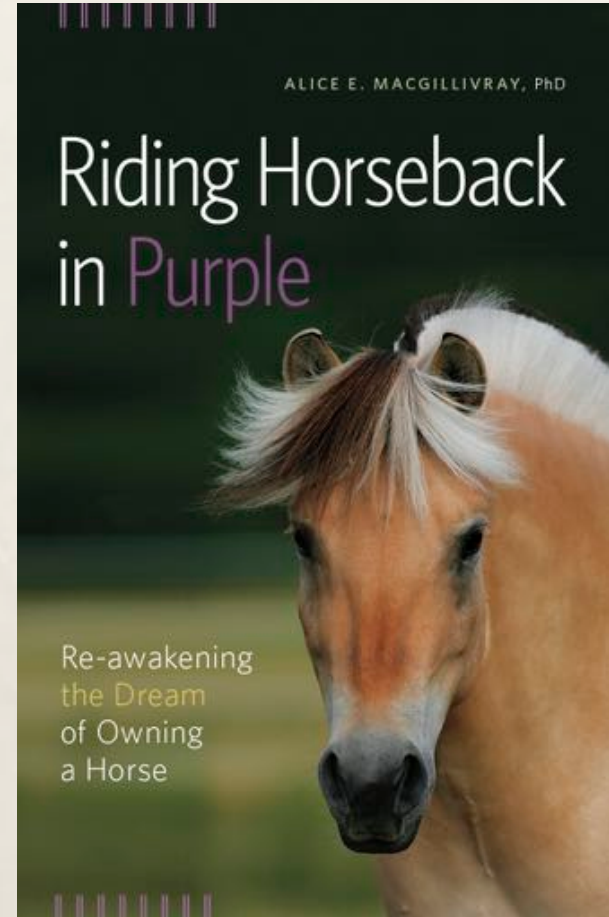
Benefits of horseback riding, according to Dr. Alison Stout:

<http://www.healthiestbest.com/benefits-of-horseback-riding>

- ★ **Core Strength:** to keep balanced on the horse
- ★ **Balance and Coordination:** Both to stay on and to keep the horse balanced
- ★ **Muscle Tone and Flexibility:** Core muscles, inner thighs and pelvic muscles; can be as effective as a typical weight-bearing exercise.
- ★ **Cardiovascular Exercise:** Depending on the type of riding, horseback riding can require more effort, energy, and cardiovascular capacity.
- ★ **Mental exercise:** There's a confidence that comes from learning how to handle and interact with this huge animal. You really learn about yourself.

Other research has shown benefits of "Horse Riding Simulators" for patients in geriatric hospitals.

Surprises



Lots of Ways to Get Involved!

- * Build awareness from home
- * Dip a toe in the water: e.g., fall fairs
- * Go for a trail ride from reputable outfit
- * Take lessons from a good coach
- * Look for volunteer opportunities
- * Friends, family and neighbors
- * Lease a horse part-time
- * Take the plunge

Ways of Reaching me and my Work

Horse Related

- * <https://www.facebook.com/alice.macgillivray>
- * https://www.facebook.com/ridinghorsebackinpurple/?ref=br_rs

General

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Thank you!