

Ready-to-Ride is the essential exercise program for trail riders. Developed and coached by Dr. Kelly Jo Baute., **Ready-to-Ride** teaches participants about their movement mechanics and how to correct movement problems. Dr. K will coach you through 'rider-specific' exercises to improve your back, shoulder and hip strength as well as flexibility. Your weekend of wellness includes personal assessments, group rides, group workouts and a group campfire pitch-in cookout.



- * Learn how to lift your saddle better.
- * Learn how to get on and off the saddle better.
- * Learn 'sport' specific exercises that build strength & flexibility.
- * Meet new friends and have a fun weekend.



A Splendid Earth Wellness assists individuals in achieving an optimal state of well-being through the integration and balance of eight dimensions of Wellness: Nutritional, Social, Occupational, Intellectual, Physical, Emotional, Spiritual, and Environmental. Through individual assessments, coaching techniques, and specific exercises to address each dimension, participants move along the Wellness continuum toward optimal Wellness and better quality-of-life.

Dr. K offers personal wellness coaching, coaching via Skype, small group workshops. Contact Dr. K to schedule or discuss services and pricing.

A Splendid Earth Wellness, LLC.

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& www.mytendwell.com



Ready-to-Ride Trail Rider Wellness Program





Do you want to be **stronger** so you can keep riding? Do you want to get on and off the saddle better and with greater **ease**? Do you want to have more **strength** and **flexibility** in your **back, hips** and **shoulders** so long rides aren't so long?

Then join-in this fun and fit-focused **Weekend of Wellness** designed to improve your strength and flexibility so you can continue your favorite past-time - Trail Riding.

You invest a lot of time and energy keeping and caring for your horse, your tack, your truck and trailer. Now it's time to invest a little time and energy in your body, in yourself. It's time for **Ready-to-Ride**.



Ready-to-Ride Weekend of Wellness Includes:

Individual Assessments

- Health History
- Physical Activity Evaluation
- Biomechanics Assessment: lifting, mounting & dismounting, riding mechanics

Group Training sessions

- Trail Rider specific exercises

A Splendid Earth Wellness Toolkit

- 2 resistance tube bands
- 1 stretch strap
- 1 stability ball

A Splendid Earth Wellness – Ready-to-Ride t-shirt

A Splendid Earth Wellness Instruction Booklet

Hosted by Midwest Trail Ride -
Hoosier National Forest
June 29th, 30th and July 1st
Cost: \$235.00/person

Kelly Jo Baute, Ph.D.,
is owner of A
Splendid Earth
Wellness, LLC. and
holds her doctorate



in Kinesiology. Dr. K has over 20+years experience as a health and wellness professional and designs Wellness programs that focus on improving musculoskeletal and functional health issues, from gait and movement mechanics to workplace posture issues, with the overall goals of improving daily function, decreasing pain and enhancing quality-of-life – so the activities you LOVE to do, you are ABLE to do.

A Splendid Earth Wellness
...where your wellness blooms.

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