



**Bennett Equine** Sports Rehabilitation

## **Bennett Equine Fitness and Maintenance Vacations**

Bennett Equine Sports Rehabilitation centre are now offering short stay fitness and maintenance livery programmes tailored to each horses individual requirements. These short breaks usually between 10 and 14 days are available to all horses and ponies needing support to improve their general condition and fitness.

Our facilities at Woodhouse Farm include an Activo Med Aqua treadmill, horse walker, 60x20 Outdoor arena, 22 stables and 7 acres of post and railed paddock. Each horse is evaluated by Isla Bennett upon arrival and a general fitness programme agreed with the owner. These vary and could be a straightforward controlled exercise regime or include a combination of treatments to improve the following:

- Muscle strength and tone
- Flexibility and agility
- Athleticism
- Stamina
- General conditioning and fitness

Isla has many years experience in the horse world both as a competitor and equine professional.

“Fitness and maintenance vacations are ideal” says Isla “If an owner needs a rest-bite or is going on holiday and wants to maintain or build a horses fitness they can rest assured that their horses are in the very best of care. We take horse comfort seriously and ensure all horses feel refreshed and pampered throughout their fitness programme. The process not only improves general health such as circulation, cardiovascular and conditioning it is also therapeutic.”

This offer is ideal for all competitors wishing to maintain or boost fitness including show-jumpers, dressage and three day eventers.



**Bennett Equine** Sports Rehabilitation

## **Holiday Price List**

### **Equine Holiday 10 Day Package**

Specifically designed to maintain your horses fitness.  
Includes livery, daily session either ridden or on aqua treadmill,  
use of Activo-Med pulsed electromagnetic field therapy &  
massage rug.

£310.00

### **Equine Holiday 14 Day Package**

Specifically designed to maintain your horses fitness.  
Includes livery, daily session either ridden or on aqua treadmill,  
use of Activo-Med pulsed electromagnetic field therapy &  
massage rug.

£450.00

Individually tailored packages to better suit your needs are  
available, please call to discuss.  
Inclusive of livery.

Bennett Equine Ltd,  
Woodhouse Farm,  
Fauld Lane,  
Tutbury,  
Burton Upon Trent,  
Staffordshire.  
DE13 9HR

[www.bennettequine.com](http://www.bennettequine.com)

01283 812185

Tim Mobile 07710 067379

Isla Mobile 07866 756539