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## **Certified Horsemanship Association to Discuss Balance in Riding and Core Exercises to Build Strength on December Horses in the Morning Radio Show, Sponsored by Balance Rider**

*(December 2016)* – The Certified Horsemanship Association has tapped the expertise of two CHA Certified Instructors, Emily Cavender and Kathy Richardson, to provide tips on how to achieve more balance when riding and how to build strength using core exercises on CHA’s December segment of the Horses in the Morning Radio Show. The show, which is hosted by CHA’s CEO Christy Landwehr and Glenn the Geek, will air at 9 a.m. Eastern Time on Tuesday, December 20, 2016. Those who can’t listen live can catch the recorded version afterward on iTunes, HorsesintheMorning.com, or through the Horse Radio Network mobile phone app. Don’t miss out on the last episode from CHA’s radio show in 2016.

The show’s sponsor is Balance Rider, an apparatus designed to help with a rider’s balance, proprioceptive agility, and core strength that has an upholstered seat padded with a thick, dense layer of industrial foam and durable leatherette and a laser light to assist the rider in understanding when the seat is level and enables the rider to see the level of movement taking place when they sit on the unit. You can find out more about them at [www.BalanceRider.com](http://www.BalanceRider.com)

Emily Cavender, a CHA Level 3 Certified Instructor in both English and Western, is an assistant equestrian team coach at Middle Tennessee State University in Murfreesboro, Tennessee, where she teaches along with head coach Anne Brzezicki. Cavender, a Knoxville native, is also an MTSU graduate student in the Horse Science program pursuing a focus in equine education. She earned her BS in Journalism from MTSU in 2008 while also competing on both the western and hunt seat teams for the university. After graduation, Cavender worked in community development for a while before deciding that teaching riding was what she wanted to do. In addition to coaching, she also teaches at Need A Hand Horse Training and competes for the MTSU Stock Horse Team. She will be representing the team abroad next summer while teaching for the AQHA International Horsemanship Camps. Cavender will graduate this summer and plans to pursue a career in teaching collegiate riding. She has been riding since she was a child trail riding all over East Tennessee with her

mother. She also showed mules during her high school years in everything from western pleasure to sidesaddle.

Kathy Richardson is a CHA Certified Instructor rated both English flat and Western and has been active with CHA since 2008. She and her husband own and operate Rusty Bar Ranch in Roy, Washington, and serve riders from Tacoma and the surrounding area around South Pierce County. Richardson also trains horses and teaches clinics in everything from horse agility to trail obstacles, and more. Her 30-acre ranch provides full care boarding and lessons. She owns horses of various abilities, dispositions, and breeds, including American Paint Horse, Arabian, American Quarter Horse, Appaloosa, Thoroughbred, Hackney, Shetland Pony, and Miniature Horses. She has trained her horses to handle the first-time rider who has never been around a horse to advanced riders looking to master their riding skills. Richardson has been riding since she was a child. She bought her first horse and trained it herself at age 23 and has owned horses ever since. She has been an Equine Trail Sports certified judge, a Horse Agility Accredited Trainer through the International Horse Agility Club, and an assistant gaming and drill team coach for Yelm High School's equestrian team. She also has experience in western pleasure, western equitation, western trail, halter, showmanship, and competitive trail.

For questions on CHA's segment on the Horses in the Morning radio show, please contact CHA's headquarters in Lexington, KY, at 859-259-3399 or [info@CHA-ahse.org](mailto:info@CHA-ahse.org). If you would like to advertise on CHA's segment, please visit [CHAInstructors.com/advertise](http://CHAInstructors.com/advertise) for more information.

*CHA Instructors Change Lives Through Safe Experiences with Horses. The purpose of CHA is to promote excellence in safety and education for the benefit of the horse industry. CHA certifies instructors and trail guides, accredits equestrian facilities, publishes educational manuals, produces educational horsemanship DVDs and YouTube Safety shorts, and hosts regional and international conferences. For more information on the largest certifying body of riding instructors and barn managers in North America, Certified Horsemanship Association, please visit [www.CHA-ahse.org](http://www.CHA-ahse.org) or call 859-259-3399. To find a certified horseback riding instructor or accredited equine facility near you, visit [www.CHAinstructors.com](http://www.CHAinstructors.com).*

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