

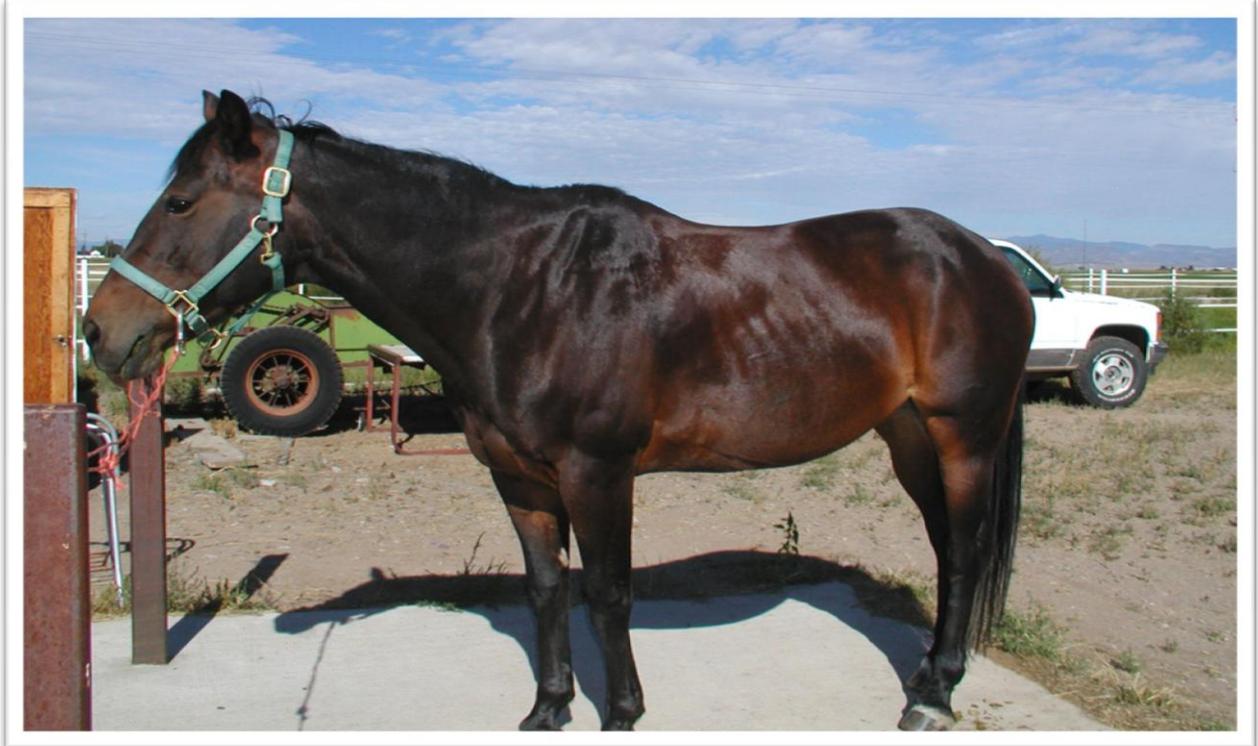
Fit is beautiful

The horses proudly pictured here are owned by people who place more value on health than current fashion in the show ring. We believe that fat horse are becoming so common that the concept of equine beauty is being warped.

I encourage proud owners of healthy, fit horses to share in our effort to change the current fashion of fat horses by sending your pictures to [katygrasslady @ gmail.com](mailto:katygrasslady@gmail.com) (take out spaces). Equine wellness professionals: please send me your comments, and pictures of your own fit horses.

Kaliber is a ConnemaraX owned by Safergrass owner, Katy Watts. She has had laminitis on and off since age 5. In spite of a very strict diet, she has insulin levels running at 140 $\mu\text{U}/\text{mL}$ most of the time. She has a genetic form of IR, yet she is clinically far better off than some of her close relatives. Here she is at age 14, currently sound at all gaits, under saddle. This leaner body condition is a big part of why she is still alive today. She is well muscled, gleams with health, and has the energy to take the bit in her teeth at gallop and fly! As a fat 4 YO, she was exhausted after 20 minutes of light work.

Yes, she still shows the signs of IR: the slightly cresty neck, and abnormal fat pads above the eye and behind the shoulder, but they are minimized at this body condition. This is the correct body condition for a horse with chronic laminitis. They should look more like a fit endurance horse, and less like a halter horse. This does not require a starvation diet. She gets 2% of her Body Weight in tested low carb hay and supplements, and is fed 4X a day.





This handsome 12 YO Morgan has both Equine Metabolic Syndrome And Poly Saccharide Storage Myopathy, yet he competes in dressage and combined driving. He is maintained in this fit, competitive condition on coastal bermuda hay, a handful of alfalfa and beet pulp as a supplement carrier, limited bermuda pasture, and 2 lbs of a lower carb pelleted feed. Added fat for the PSSM is carefully balanced to his work load to prevent extra body condition that would exacerbate his EMS. His bulk is muscle, not fat. Ribs can be easily felt. His owner is a DVM, Ph.D., Dipl, (ACVIM-SAIM) specializing in veterinary endocrinology, and manager of a university animal testing laboratory.





Woodie here is a very rare breed: a Gypsy Vanner horse who actually pulls a Gypsy Van!
Check out Crunchie's Cobs at <http://crunchiescobs.co.uk/>

These are bred to be work horses. Yet, when searching Google Images for 'Gypsy Vanner horse' they nearly all appear obese, and not fit enough to do a day's work. This breed is known to carry the gene for PSSM, which is controlled by limiting sugar and starch in the diet. Responsible owners know that controlled diet and sufficient exercise are what keeps these horses sound enough to work. Woodie is a fine example of what work horses are *supposed* to look like.

Crunchie says " mostly my horses are just on grass which i regulate with electric fence strip grazing. i like to use each horse 2 or 3 times in a week sometimes more. this can vary from a whole day logging, pulling a cart 6 or 7 miles mostly at a trot or just going for a ride. my horses live out all winter on hay and a small feed of bran and oats at night. i feel the lean times of winter do no harm as they very quickly put it back on in spring. i always feed during

and after work never before.i think too many horse owners under estimate the work horses are capable of ."

Crunchie is a very astute horseman.