

## *Mary Chris Foxworthy, Michigan*



Mary Chris Foxworthy has been training, showing and just enjoying their family owned Morgan horses for thirty five years. She has a BA in Food Science, Nutrition and Communications and is a Certified Equine Fitness Trainer.

All of her horses have joined their forever home with the Foxworthy family at the age of two or younger and have been shown and enjoyed well into their twenties. Her experiences working with horses in various disciplines and at various stages of training bring an insight into the type of fitness needed in order to make horse ownership safe and enjoyable.

Mary Chris established Equifit in 1991 to help horse owners, notorious for “eating on the run”, to understand the importance of good nutrition for their demanding lifestyle. With the addition of fitness training, Equifit can offer a complete program to help an equestrian improve their riding, stay healthy and most of all enjoy every ride! Her clinics and training sessions are unique, informative and entertaining for participants and auditors alike.

Mary Chris will be at the Michigan Horse Council Expo in March giving an interactive equestrian fitness presentation each day in Seminar Room A. Please consult schedule for exact times.

For more information about Equifit visit [www.equifit.org](http://www.equifit.org).