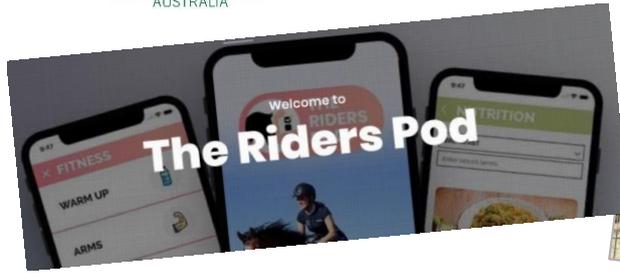




Boost for Riders – The Riders Pod



Pony Club Australia is pleased to announce our partnership with the new mobile phone app called 'The Riders Pod' to help our members get fitter and healthier as they ride.

To be the best rider you can be, we know it helps if you try to improve yourself not just in the saddle, but through diet and rider specific exercises as well.

'The Riders Pod' – created by a rider, for riders – has weekly exercises, recipes, calendar and more. Pony Club members are eligible for a 20 per cent discount off a monthly subscription, or if they sign up for a year, a 30 per cent discount.

"We know riders and their families have many commitments into which Pony Club rallies and competitions fit, and we hope this will help our members," CEO Dr Catherine Ainsworth said.

One of the creators is Hannah Basetti, a member of Riddells Creek Pony Club in Victoria. Hannah has worked on the app with Sarah-Jane Ross, a qualified fitness trainer and physical education teacher and dieticians who are also involved in the horse industry.

Hannah says Pony Club has been a huge aspect of her development as a rider, and her professional life as well. "Pony Club allowed me to grow in confidence, learn life skills, make lifelong friends and ride in a safe and encouraging environment.

"The Riders Pod has been a long-held dream of 'wouldn't it be easier if we had...'. It is our vision that has now come to life and we believe it will make it easier for busy riders to stay on track without adding a huge commitment. That is why we have a range of workouts and our meals are simple yet delicious, full of goodness and dietician approved.

"We have added a planner so you never forget an event, plus there is interactive goal setting and result tracking so you can be the best version of your best self."

The Riders Pod app is available for iPhone and Android. All Pony Club members need to do is:

- Download 'The Riders Pod' app
- Sign up. You will be directed to the promotion/discount section
- Apply the discount code (PCA20 for a monthly discount, PCA30 when you sign up for 12 months)
- Insert your Pony Club membership number where indicated
- Enjoy the benefits!