

## Horses Love ...

**Cookies and carrots will bring nickers, but here's what the research suggests horses love.**

**Cuddling Up.** When horses groom each other, studies have found that it lowers their heart rates, indicating the activity has a relaxing, calming effect<sup>1</sup>.

**Grazing.** No surprises here, feral and pastured horses spend 40-60 percent of their time partaking in this activity.

**Water, Please.** Horses drink in association with feeding, so they'll need continuous access to fresh water to wash that forage down.

**Good Company.** Social isolation is a disturbing experience for a horse—companionship soothes a lonely heart.

**R & R.** When allowed to control their own environment, horses opt out of stall life and instead spend the majority of their time turned out with friends.

**Walking.** Feral and pastured horses rarely trot or canter unless startled. Instead, those hooves were made for walkin'.

**A Comfy Bed.** Soft bedding is preferred over a bare surface, and straw is often a favorite over wood shavings.

### Further Reading

The Stresses of Easy Living  
The Best of Outdoor Living