

## Only a Heartbeat Away

**An online video shows viewers benefits and how-to of horse heart monitors.**

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One of the perennial catalog favorites for English riders is Dover Saddlery Inc. Now the esteemed outfitter has announced a new free online video that explains the health and fitness benefits of using a horse heart monitor for any level of horse or rider. Featuring renowned endurance rider and eventer Denny Emerson, this online video can be seen at [www.doversaddlery.com](http://www.doversaddlery.com).

In the video, Emerson explains how the use of a horse heart monitor can assist with improving the fitness and conditioning of your horse, reducing the chances of injury, and providing an early warning of fatigue. Viewers can learn how to use a horse heart monitor and how to build its use into a riding routine.

“I believe more equestrians should use a heart monitor to better understand the fitness or stress level of their horse,” Emerson says. “A horse heart monitor is an ideal addition to a safe and effective horse conditioning program for all disciplines.”