



The Official Barn Management Software of U.S. Equestrian

January 2020 eNews - [www.BarnManager.com](http://www.BarnManager.com)

Bringing you news, advice, and tools to improve your barn management experience!

## Eating Healthy at Horse Shows: Five Ways to Stay (or Get) on Track

We carefully plan our horses' meals, weigh their feed, and provide them supplements and the proper nutrition that they need as equine athletes.

But, what about our own nutrition and needs as an athlete? That often looks more like a skipped breakfast as we're rushing out the door, whatever burger or fries we're able to scarf down at the horse show food stand, or that delicious Nutella-filled crepe calling our name from the crepe stand.

The fact is though, as riders, we're athletes too! If we expect our horses to perform their best, it's important for us to fuel our bodies in a way that allows us to ride our best.

We know it's not always easy with busy show days and tempting, convenient food vendors, but here are five tips to help you stay (or get) on track.

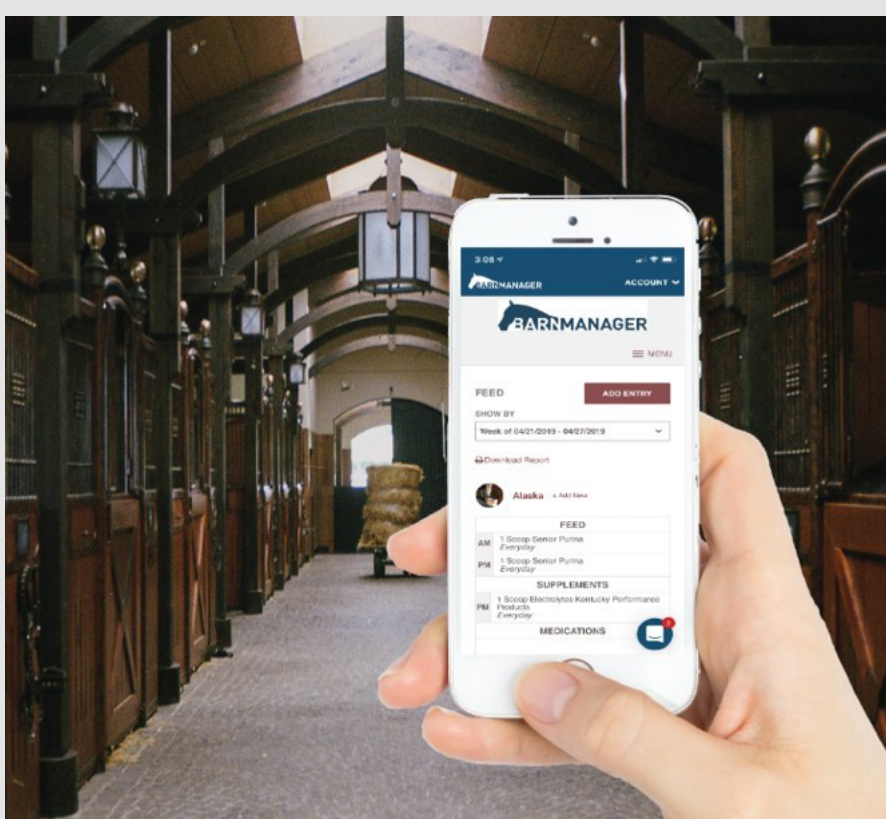
### 1.) Don't Skip Breakfast!

It's been said that breakfast is the most important meal of the day, but for horseman and women, it's often the most skipped meal of the day! Our days start early, and we're often in a hurry to get to the barn or the show ring. However, by skipping breakfast, we're only setting ourselves up for failure.

To get the most of your breakfast, try to include a combination of protein, carbs, and fats to give you energy and to keep you satisfied until lunch time.



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### GET TO KNOW BARNMANAGER

#### Utilizing the Nutrition Change Log

With BarnManager's feed feature, you can house the nutritional and medication requirements of all the horses in your barn in one central location. Feed, medication, and supplement notes entered into BarnManager are displayed in easy-to-read tables and charts for each horse, where they can be easily accessed by anyone within the barn or team that they are being shared with.

The feed management tool also makes use of BarnManager's "change log."

Horses' supplemental, nutritional, and medicinal needs are often changing, and while it's often easy to remember that something was changed, it can be hard to recall exactly when that change was made – which is where the change log comes in. Using the log, it becomes easy to see when something was introduced or removed from a horse's plan.

[Setup a Free Live Demo!](#)



### #BarnManagerTip

Try putting pipe insulation on the handles of your pitchforks, shovels, and even your five-gallon water buckets.



### TIP OF THE MONTH

**Cover the handles of your pitchforks, shovels, and even your five-gallon water buckets with pipe insulation for greater comfort.**

The foam tubes are easy to slide over the handles and are much easier on your hands. Wrapping the handles in vet wrap is also another great option.

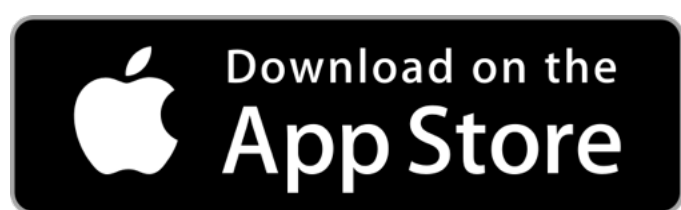
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*BarnManager is a cloud-based software solution that provides horse owners and managers with the tools they need to streamline and simplify their daily management responsibilities. The program offers digitized record keeping for the many facets of horse care and has developed intuitive and simple business tools to make small business management accessible and easy.*



Raising The Bar In Equestrian PR

