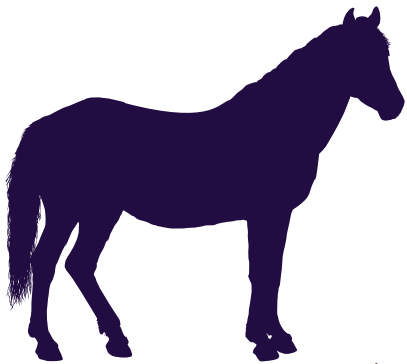
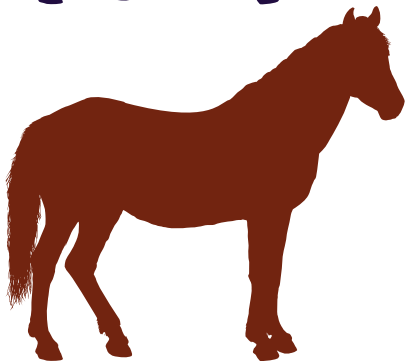


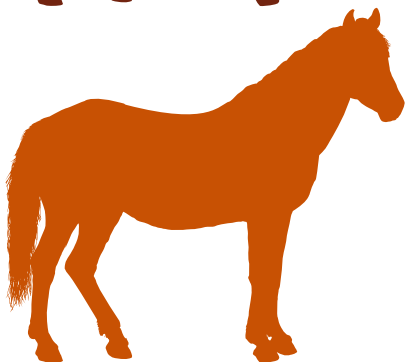
AQI Activity Chart



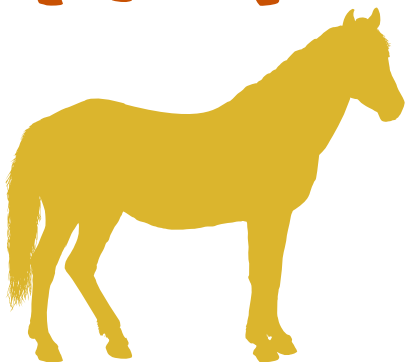
Stall Rest.



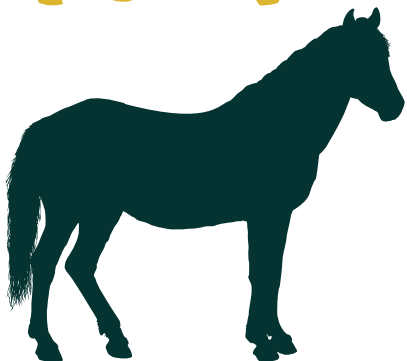
Time to dismount, avoid aerobic work.



Whoa! Reduce/limit aerobic activity to an easy trot and walk.



Go for it, unless your horse has pre-existing conditions.



Ride On.

GREEN DAY IN THE BAY

AQI: 0-50



RIDE ON!

**Air pollution poses little
to no risk**

YELLOW DAY IN THE BAY

AQI: 51-100

GO FOR IT!

Unless your horse has a pre-existing condition such as heaves, allergies, or heart disease. In those horses, groundwork only.

ORANGE DAY IN THE BAY

AQI: 101-150

WHOA!

Limit aerobic activity to an easy trot and walk.
Decreased intensity is important to ensure particulate matter is not getting deep into the lungs

Exercises at the Walk:

- Uneven cavalettis
- Pole bending
- Walking with TheraBand

In-hand Exercises :

- Walk/halt transitions
- Walk/trot transitions
- Backing up on flat ground

RED DAY IN THE BAY

AQI: 151-200

DISMOUNT!

This air is getting unhealthy for all horses and people. Avoid intense/aerobic work.

Use ground exercises to build strength while minimizing exertion (*see our YouTube channel for "How-To" videos*):

- ☑ Lateral tail pulls (*10 second hold, 5 times per side*)
- ☑ Hindlimb mobility (*protraction, retraction, whole limb flexion, 3-6 seconds each*)
- ☑ Front limb circles (*10 times each direction, per side*)
- ☑ Hind limb leans (*5 times per side*)
- ☑ Pelvic tucks (*3 sets of 10*)
- ☑ Sternal lifts (*3 sets of 10*)

PURPLE DAY IN THE BAY

AQI: 201+

A dark purple silhouette of a horse standing in profile, facing right. The horse is the central focus of the lower half of the image.

STALL REST!

**Limit to essential
activities.**