

# Mind, Body, Soul ... Sip, Snack, Squat



*Show jumper Hannah Selleck not only competes at the grand prix level, but she also owns and operates her own boutique California-based breeding operation, Descanso Farm. Being successful at both keeps her busy – but not busy enough to neglect her own wellness. Here are a few of Selleck’s favorite ways to maintain her mind, body, and soul.*

## 1. MIND

I think continuous learning is so important – whether that takes the form of reading, listening to podcasts, taking classes or clinics, or simply watching and listening to others. That’s part of the reason I recently made the decision to go back to school! I did my undergrad degree at Loyola Marymount University, and now, though I am immersed in the horses, I thought that furthering my education and going to business school would be a good supplement to having my own business, Descanso Farm.

## 2. BODY

I am outdoors most of the day training, teaching, and competing. Most of the time we are in warm, sunny climates like Thermal, CA, or Wellington, FL, and sun protection is very important. I love Obagi sunscreen. I normally layer two sun protection products; I start the day applying Obagi Smart Tone, which is lightly tinted (giving a nice glow and evening skin tone), and reapply though the morning. Then, once the sun is strong through the afternoon, I use the Obagi Broad Spectrum. I also make sure to wear my sun visor from Equi Lifestyle Boutique whenever possible.

## 3. SOUL

One of my friends celebrated her birthday by hosting a group sound bath at Five Sense Collective in Malibu. Since then, I have been back a few times and really enjoy the sessions. I have tried to get into a regular meditation practice, though I am not very disciplined yet. At

the Five Sense Collective, they say “the crystal sound bath is designed to clear negative and subconscious thought patterns and energy blocks, and awaken deep inner wisdom.” Signing up for a session holds me accountable to set time aside for reflection. Being able to quiet your mind is a useful tool for competitors in the show ring.

## 4. SIP

I love Moon Juice in Venice. You can order any juice and turn it into a smoothie to add natural supplements to help increase energy and help the body recuperate after strenuous physical activity.

## 5. SNACK

I almost always have RXBARs and organic turkey sticks in my ring bag. They’re perfect for when you have multiple rounds and don’t have time leave the ring for a meal. When I’m at home, I like to order pre-made meals from a local company called Macro Meals. Eating right makes me feel so much better, and I find it’s hard eating healthy all the time when on the road at horse shows.

## 6. SQUAT

At home, I work out two to three times a week with a personal trainer at Rise Movement and I also mix in some cardio, like a spin class. When I’m on the road at shows and it’s tough to get to the gym, I like the Ballet Beautiful workouts you can download on iTunes. They are easy to do in your hotel room and have good stretching sections incorporated into the workouts.