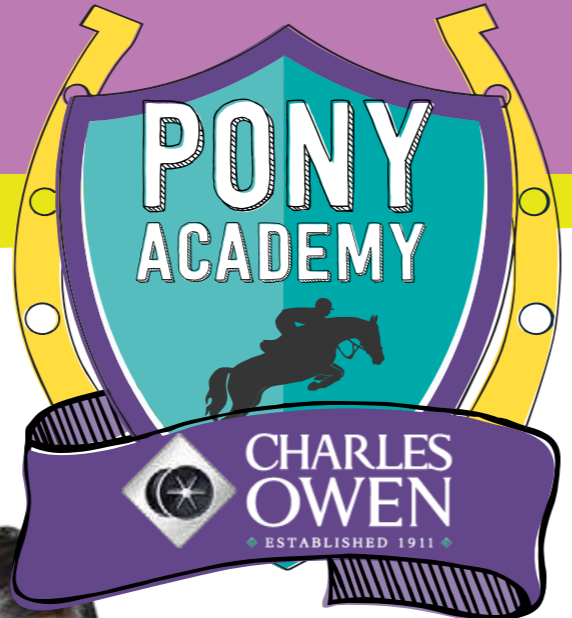


JOIN THE PONY ACADEMY!

Prove your pony knowledge by taking the PONY Academy test

- ★ The PONY Academy is open to everyone, so why not have a go?
- ★ Everyone who passes will receive a fab PONY Academy certificate!
- ★ If you score highly, you'll receive a silver (merit) or a gold (distinction) star!
- ★ PONY Academy papers appear every few months in PONY mag – how many certificates will you gain? Go on, show off your pony knowledge!



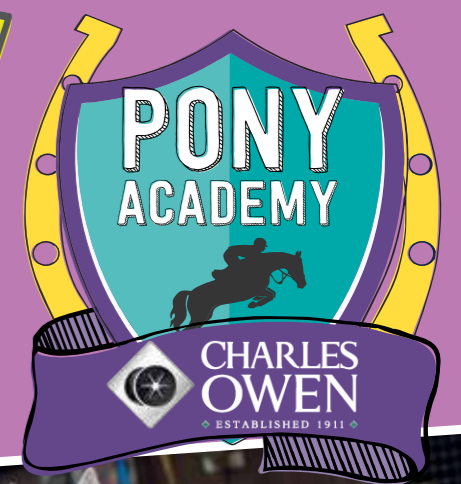
JOIN IN...
All topics and questions are based on features in previous issues of PONY magazine.

HOW TO GAIN YOUR CERTIFICATE
Complete the paper opposite and send it with a stamped, self-addressed A5 envelope to the address on the back of the paper.



This month: WEIGHT MANAGEMENT

This month, our paper's all about watching your pony's weight. Answer as many questions as you can, but don't worry if there's an answer you don't know – you can still send in your paper for marking. **This paper's based on Weighing in from the May 2020 issue of PONY Mag.**



- 1 Why is it important to keep your pony slim?**
- To help him fit into his rugs more easily
 - To reduce the risk of him becoming ill, and so he has more energy for his work
 - To save money on feed bills

- 2 What's the best way to tell if your pony's carrying a few extra pounds?**
- Time how long it takes him to eat his dinner
 - See how squishy he feels when you hug him
 - Condition score him every 2-3 weeks

- 3 Which three sections of your pony's body should you look most closely at when you're condition scoring him?**
- His neck and shoulders, ribs and barrel, and hindquarters
 - His head, legs and teeth
 - His mane, spine and withers

- 4 How do you work out your pony's overall condition score?**
- Put one of his hooves onto a set of human scales to get a rough estimate of his weight
 - Rate the front half and back half of his body, then add the numbers together and divide by 2
 - Rate each section of his body out of 5, then add the numbers together and divide by 3

- 5 What are some other ways you can keep track of your pony's weight? (Tick all that apply)**
- Glance at him once a month and see if you think he looks too fat
 - Take a photo of him each time you condition score him so you can compare his weight to last time
 - Measure the length of his body regularly to see if he's growing
 - Use a weight-tape
 - Place a ruler against his body to measure the width of his barrel
 - Use a weighbridge



6 Who should you ask for advice if you're worried about your pony's weight?

- An equine physio
- Your vet or a qualified equine nutritionist
- Your farrier

7 Which feed would be best to give a pony who's a good-doer?

- A mix and high-oil chaff
- A low-calorie balancer
- Sugar beet and oats



8 What's the minimum amount of exercise your pony should get?

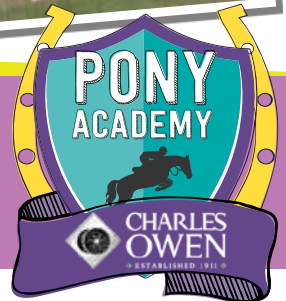
- At least 20 minutes, five or six times a week
- At least an hour and a half every day
- 15 minutes a week

9 How can you stop your pony from munching too much grass during the day? (Tick all that apply)

- Strip-graze his paddock
- Put a grazing muzzle on him
- Turn him out 24/7
- Stable him for part of the day
- Make sure he's wearing a fly mask



COMPLETE THIS FORM AND SEND EVERYTHING ON THE LIST SO WE CAN MARK YOUR PAPER



Name

Address

.....

.....

Postcode Age

Email.....

Parent/Guardian signature

(If under 13 years old)

DJ Murphy (Publishers) Ltd will hold and collect your personal information to process your entry only, unless you agree to sign up to our email newsletters

- Yes, I want to hear about the latest offers, competitions, news and videos from PONY
- Please confirm you are over the age of 13, or have your parent or guardian's permission to sign up to the PONY mailing lists

Your data will be kept securely for six months and we will not pass your details on to any third parties.

IMPORTANT!

Ensure all these things are included with your paper, so we can send out your certificate.

I am enclosing...

- my completed paper
- an A5 envelope with **my name and address on**

This envelope MUST have postage for a small envelope and be correct for the country of destination (for Ireland, please ensure an Airmail Large 2nd class stamp is on the envelope).

We are unable to send certificates to entries without a correctly stamped and self-addressed A5 envelope included with the paper. This is not the envelope you send your entry to us in!

Now send your completed paper to:

PONY Academy Weight Management Paper, PONY magazine, Marlborough House, Headley Road, Grayshott, Surrey GU26 6LG