

## Classy is as Classy Does: TheraPlate Peak Performance Award Winners Aho & Classy Sinclair



*Wellington, FL (April 17, 2018)* – Classy Sinclair lived up to his name for owner Lisa Grossi and rider Leif Andrew Aho with a classy pair of Open dressage performances at the Gold Coast Finale I in Wellington, Florida, that clinched a TheraPlate Peak Performance Award for the 11-year-old bay Oldenburg (Sir Sinclair x Sacro Santa x Sandro Hit) stallion.

Aho, also of Loxahatchee, Florida, and the 16.2-hand bay stallion turned in a 71.9125% in Friday's FEI Prix St. George and used that second-place finish as a warm-up to a win in their FEI Intermediaire I on Saturday, scoring an even stronger 73.088% test in the Great American/USDF Qualifying Competitions.

“We’ve had a great season. His pirouettes were especially good and overall, the tests went well,” said Aho, who understands how warm-ups and TheraPlate can work together. “I’ve noticed how horses feel better after being on a TheraPlate. I’m excited to have a month to use one as part of the TheraPlate Peak Performance Award. I’ll try to get

Scamp (as Classy Sinclair is known around the barn) on it, both before and after our rides!” To see more follow this link <https://www.youtube.com/watch?v=uAV-rvBxB0Q>

Keeping fit is more important than ever for this TheraPlate Peak Performance Award-winning duo, who are eyeing the next big step in their competitive career: a CDI Small Tour by the fall. “I’m really excited about the Freestyle we’re developing. It’s very regal,” Aho said, revealing that the music in their ride will be inspired by one of the highest rated dramas on PBS in 20 years, the UK-produced series, ‘Victoria.’

As a Gold Coast Dressage Association sponsor, TheraPlate is proud to be introducing the benefits of its use to as many horses and riders as possible. “Our company is in the business of helping horses heal and stay sound,” says founder Chip Kreiling. Among those who have stepped up to the plate to provide her horses with an easy and affordable way to attain fitness and encourage healing are Olympian and ‘first lady of dressage,’ Debbie McDonald.

Benefits from standing on a TheraPlate include increased circulation and reduction in pain, increased muscle tone, and overall improvement in the quality of warm-ups and cool-downs during training. Learn more about the TheraPlate and why top riders and horse care teams choose it as part of a winning program at [www.theraplate.com](http://www.theraplate.com).

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Photo: Leif Aho receiving the TheraPlate Peak Performance Award during the Gold Coast Finale. (Photo courtesy of JRPR, no photo credit necessary)