

For Immediate Release

Contact: Chip Kreiling
TheraPlate Revolution
theraplate@gmail.com
www.theraplate.com

**Excelsior Wins the TheraPlate Peak Performance Award
Presented at White Fences Polar Express Dressage Show**



Loxahatchee, FL (December 22, 2015)— At the Polar Express Dressage Show held at the White Fences Equestrian Center in Loxahatchee, Florida, this past weekend TheraPlate Revolution Therapy Platforms awarded a top equine athlete with the Peak Performance Award, given to promote the company's core values of developing fit, healthy horses that are prepared to excel in competition. Excelsior, a 7-year-old imported Lusitano gelding owned by Diane Hodges and ridden by Melissa MacLaren, was recognized with the TheraPlate Peak Performance Award for his incredible fitness and body conditioning.

MacLaren and her trainer Ruth Hogan-Poulsen were overjoyed to accept the TheraPlate Peak Performance Award and for the recognition of the horse's fitness, performance, and strength. Excelsior and MacLaren were presented

with the TheraPlate Peak Performance ribbon and silver engraved plate to commemorate the horse's fitness achievements.

The pair competed at the Polar Express Dressage Show in Third Level, receiving a 68.485 percent, and gaining confidence with the winter competition season closely approaching. MacLaren has been riding Excelsior on and off for three years in partnership with his primary trainer Hogan-Poulsen, who operate out of Bespoke Farm in Loxahatchee, Florida, during the winters, and at Poulsen Dressage LLC in Plainfield, Vermont, during the summers.

When asked about their training regimen that produced Excelsior's elite physical ability, Hogan-Poulsen states, "We train 5 days a week. Excelsior is a horse that likes short and sweet training sessions, and we do a lot of hacking with him. During the summertime in Vermont, we do a lot of hill work and relax after the show season," states Hogan-Poulsen.

"We try to keep it happy and playful," MacLaren explains. "Excelsior works really hard, and is a very smart horse. He's not a horse that you have to drill with training. You can teach him something and then put it away, and then you can bring it back again at another time. He is a thinker," she remarks.

Athleticism runs in the family for Excelsior, whose brother Barroco was recently ridden by MacLaren in Fourth Level and Prix St Georges classes at the Great American Insurance Group and United States Dressage Federation Region 8 National Championships. MacLaren and Hogan-Poulsen have big plans for Excelsior too this year, with hopes to move him up into Fourth Level and possibly Prix St. Georges by the end of the Florida winter season.

MacLaren and Hogan-Poulsen were additionally pleased with the recognition from the Texas based company since they have become keenly aware of the TheraPlate Revolution Therapy Platforms unique advantages for horses and people alike. "Our friends all have a TheraPlate at their farms, and we have been exchanging training help for some time for my horses to have sessions on the TheraPlate," Hogan-Poulsen exclaims. "We believe in the product and are looking into adding one to our facility."

TheraPlate Revolution Therapy Platforms, a company that manufactures easy-to-use therapy platforms that promote equine fitness, relieve pain, and speed healing, travels the United States awarding deserving horses with the TheraPlate Peak Performance Award. TheraPlate Revolution has awarded top equine athletes across breeds and disciplines, with awards given at shows such as the International Friesian Show Horse Association World and Grand

Championships, the Sport Horse National Arabian and Half-Arabian Championships, and the International Andalusian and Lusitano National Championships. As an official sponsor of the Adequan Global Dressage Festival held in Wellington, Florida, the company takes significant steps to stay involved with the equestrian community.

TheraPlate therapy platforms are incredible tools for riders and owners to use on horses of any breed to help them develop supreme fitness levels worthy of the TheraPlate Peak Performance Award. TheraPlate's platforms are also popular tools for humans to use to reach their ideal body conditions. The TheraPlate platforms are proven to help improve blood circulation for better and quicker healing, increase muscle mass and bone strength, and reduce inflammation and pain.

For more about the TheraPlate Revolution Therapy Platforms, visit www.theraplate.com or call (800) 920-3685.

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Photo: Excelsior ridden by Melissa MacLaren, with trainer Ruth Hogan-Poulsen (left) was awarded the TheraPlate Peak Performance Award at the White Fences Polar Express Dressage Show in Loxahatchee, Florida (Photo courtesy of JRPR – no photo credit necessary).