

High-Level Dressage Competitor and Horse Trainer Recognizes **Importance of Balance**



Deborah Dean-Smith has been riding horses since she was a child. Her passion for riding has developed into a competitive and award-winning career as a dressage rider who specializes in working with young and inexperienced horses and transforming them into calm, focused performers.

The intricate sport of dressage requires training horses to perform precise movements with only slight aids (signals) from the rider. Deborah's innate ability to harness the majestic creatures' natural athletic abilities, and willingness to work, has led to gold, silver and

bronze medals from the United States Dressage Federation. Ironically, the same focus, strength and determination it takes to train the horses mirror the disciplines she applies to maintaining a fit and healthy lifestyle.

"Dressage is a sport of elegance, harmony, balance and core strength," shares Deborah. "It's important to stay lean, healthy and energized to endure the long training and competitions. Not only is it physically demanding, it also requires great mental focus."

When Deborah heard about Isagenix® she was skeptical at first, but had a close friend research the products. Her friend came back with glowing recommendations and together they started on a journey toward better health with Isagenix. Since using Isagenix, Deborah has lost 15 pounds*, yet gained so much more.

"I feel balanced, have greater energy, endurance, and have even lost my cravings for junk food," says Deborah. "Isagenix keeps nutrients flowing throughout my body."

That extra nutrition is key for Deborah, who is constantly on the go managing a busy schedule. In addition to training and competing, Deborah also provides lessons at Huntington Farm in Strafford, Vermont and is the mother of two young children. She spends eight hours a day, up to six days a week, riding, training and teaching.



"With Isagenix®, I feel like I have the extra stamina and energy I need to accomplish whatever I need to do, in any one day," says Deborah.

Deborah's Tips for Success:

- Focus on your goal.
- Take it one day at a time.
- My favorite products are the IsaLean® Shake, made with one scoop vanilla and one scoop of chocolate, and IsaDelight™.



* Weight-loss results may vary.