

## Finish Line Farms - Equine Services

(2 min. read)

Thursday, March 11th, 2021

Spring has sprung!

As winter fades and we start to get our horses ready for the upcoming riding season, it is a great time to both visually and with your hands perform a body condition assessment.

The body condition of a horse (based on the degree of fat cover) is a good indicator of the horse's general health. The body condition score (BCS) allows one to assess if the horse is too thin, too fat, or about right. Horses are scored on a scale from 1 (poor) to 9 (extremely fat).

If your horse has either wintered very well or had a hard time keeping weight on, each extreme can have adverse effects on your horse's conditioning goals. By doing this assessment you can see what changes you may need to make with how you approach conditioning this spring. The assessment may also help indicate if any nutritional adjustments need to be made.

Here is a list of my personal favorite resources for body condition assessment/scoring:

[www.Ker.com](http://www.Ker.com)- Body Condition score chart  
[www.thehorse.com](http://www.thehorse.com)- Body Condition Scoring  
[www.legacyequinenutrition.com](http://www.legacyequinenutrition.com)- Equine Nutritionist  
[www.Purinamills.com](http://www.Purinamills.com) - Horse feed education

Happy Riding!  
Melissa Williams - CESMT  
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