

# It was just like riding a horse

*PATRICIA AKABA, 45, is a self-employed hairdresser from Kingsbury, North London. She is married with two grown-up children. Patricia tried the iJoyRide body toning machine*

**Height:** 5ft 9in

**Weight:** 12½ stone

**Before:** waist – 32in,  
hips – 44in, thigh – 25in

**After:** waist – 31in,  
hips – 42in, thigh – 24in

SINCE becoming self-employed two years ago, I've found it very difficult to get into a regular exercise regime. My routine in the past consisted of a daily 45-minute exercise session which

**PATRICIA**

helped to control my weight and tone my muscles. I also used to eat three well-balanced meals a day.

Recently though, my eating and exercise regime has gone downhill. I don't have time to exercise and apart from breakfast, none of my meals are consistent.

The iJoyRide is a hi-tech horse-riding machine that claims to offer the same fitness and body toning benefits as horse riding and I welcomed it with open arms. It sounded perfect for my busy lifestyle and having it at home meant I could exercise at my own convenience – even in front of the television.

When it arrived, the fact it looked nothing like a horse made me sceptical.

This changed after I was given a short induction by a trainer, which included tips on how to incorporate my arms to give the upper part of my body a workout. I was advised to use the iJoyRide for a minimum of 15 minutes a day for six weeks.

It was fairly simple to get the hang of. All I had to do was sit up straight while the machine mimicked the motion of a horse. Just like riding, you need to use your back muscles to hold yourself up, so good posture and a strong back are essential.

I could adjust the speed – it could go from a gentle trot to a gallop. I could feel it working on my entire body, particularly from the waist down. The only disadvantage was the insides of my thighs felt a bit sore.

After a couple of sessions I felt a lot more energised but I didn't notice much of a change in my body. But by week four I could see a difference in the shape of my thighs – they were much firmer. After six weeks my trousers feel looser and my legs look a lot more slender, which has given my confidence a real boost.

● iJoyRide costs £399. Information: 0870 225 0118/[ijoyride.co.uk](http://ijoyride.co.uk)

