

Mind, Body, Soul ... Sip, Snack, Squat



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Max Amaya is a show jumper and head trainer at Stonehenge Stables in Colts Neck, NJ and Wellington, FL. He represented Argentina at the 2006 World Equestrian Games and 2007 Pan American Games and made numerous Nations Cup appearances. His current training operation focuses on building a strong riding foundation rooted in traditional equitation principles, leading to success across all levels. Stonehenge Stables provides a range of training from short stirrup to grand prix, but one priority is shared: the horses always come first. Find out more at StonehengeStables.com

1. MIND

I believe everyone should have their own escape from the industry they work in. It's important to dedicate time each week to clearing your mind of everything going on in your work life. In my case, I like to go boating. If I can spend one day each week on my boat, whether it's cleaning it or just enjoying it, that relaxes me. I love having friends out on the boat, enjoying a glass of wine, and just relaxing on the water. The time I look forward to most each year is the four-to-five-day trip from New Jersey to Florida on my boat after Indoors wrap up.

2. BODY

I stopped competing at the highest level of our sport a few years ago after several injuries had taken a toll on my body. I realized that to take care of myself for the long haul, the high impact of competitive show jumping was not good for me at this point in my life. I jumped the Nations Cup in Wellington in 2009, then spent years struggling with the pain before stepping down to give my body the break it needed. I believe in the importance of maintaining a healthy weight and eating well to keep my body working properly and pain-free.

I don't use any products on my skin or hair; I don't even wear sunscreen, which makes me a terrible example. I have more olive-toned skin, so I don't burn easily. I should wear sunscreen, given all the time I spend in the sun at horse shows and on the boat. I do like to protect my eyes from the sun with my Ray-ban sunglasses; I don't go anywhere without them.

3. SOUL

When my soul needs a little healing, I try to go back and remember good times and good memories. It always pumps me up and makes me feel better. We all look for that reassurance of what we've done and what we're looking to do. We all can get

down in the sport and in life at times, so you have to find a balance of that positive attitude for days when you need to heal yourself a little bit.

4. SIP

About 24 years ago I drank my last soda. I try to avoid too much sugar in anything I eat or drink. The only thing I drink now is sparkling or regular water and red wine. Being from Argentina, Malbecs are the best wines for me, specifically a Nicolás Catena Zapata Malbec. After that I like Pinot Noirs and French wines.

5. SNACK

I like to cook often. I'm a big red meat eater. Being from Argentina with our barbecue and our meats, it's in my roots to eat red meat and I really love it. I particularly enjoy a good sea salt barbecue flavor. It's not necessarily a great diet, but it's my diet. I also eat a lot of chicken and fish. I should eat more vegetables, but I don't like them. I actually tend to stick to intermittent fasting without even knowing it, and now it's become a very popular fad diet. I have a light breakfast and then only eat one meal a day: dinner. Some people don't like that style of dieting, but it all depends on what works for you. I find it best for my health and for my daily routine to stick to one meal.

6. SQUAT

I believe a fitness routine is crucial for an athlete at any level. For me, it was always riding that kept me fit, but having dealt with injuries in my life from the sport, I had to turn to other outlets for fitness. I now go to Pilates Rocks twice a week in Wellington, and I find that helps my physical fitness a great deal. The stretching, the weight training, and the low-impact nature of Pilates is exactly what my body needs right now; it keeps me limber and comfortable without putting too much stress on my body.



RECOMMENDED:
Ray-Ban Erika Classic Low Bridge Fit
in Black; Grey Gradient

2.



RECOMMENDED: Nicolás Catena Zapata

4.



RECOMMENDED:
Santa Maria Sea Salted BBQ Rub
available from Savory Spice
savoryspiceshop.com

5.



6.