

騎馬健身與溫泉理療結合之研究

A study on the treatment integration of equestrian sports and hot spring bathing

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摘要

騎馬運動的醫療效果已經得到科學證實，它具有內臟按摩，筋骨活絡和平衡感應的功能，除滿足忙碌白領階級的運動熱量消耗之需求外，更有人馬互動，感情互信，所謂「人與大動物建立一同成長學習」的體驗價值。

騎馬和泡溫泉是不同的遊憩領域，清除體內脂肪，安全瘦身的功效是一致的。溫泉水中含有微量礦質元素，享受溫泉浴能安神定神、還有抗衰老等多種保健作用。其化學物質可刺激自律神經，內分泌及免疫系統，尤其擴張血管、增加肌腱組織伸展性，最終能達到無副作用的消耗熱量與瘦身。

屏東縣牡丹鄉牡丹灣溫泉度假村，和隔鄰四重溪悠客馬場，提供套裝行程，將溫泉和馬術結合。享受溫泉之後，全身柔軟輕鬆的肌肉適宜從事馬術運動，騎完馬之後再度返回溫泉旅館做第二次浸泡，消除疲勞，恢復體能的感覺特別明顯。這兩者體驗是非常適合結盟，特別有互補作用。

關鍵字：馬場 騎馬運動 溫泉

Abstract

Recently the medical effects of equestrian sports has been proved scientifically. According to research, it has the function of activating tendonitis and balancing induction. Not only can this sport satisfy the calories consumption need of the busy white-collar workers, but it also

provides the intimate interaction between the horses and people—the so-called “experience of learning&growing of man and large animal.”

Equestrian sports and bathing are counterparts with distinctions in leisure forms and similarities in functions such as removing body fat and slimming down one’s shape. In hot spring there are micro-mineral elements serving as mind-relaxing and anti-aging roles. The chemicals can not only stimulate one’s autonomic nerves, activating his endocrine and immune system, but also expand the vascular and increase muscle extension, finally contributing to the consumption of calories without side effects.

Nowadays, Hot Springs Village of Mu-dan Township (in Pingtung County Mu-dan Bay) ,along with York Horse Riding Field provides package schedules for customers, integrating hot spring bathing and equestrian sports. People can do horse riding after enjoying hot spring bathing, then once again take the second round bathing after the riding thus to smooth away physical fatigue. Such two activities are both healthy and complementary. We fervently look forward to their alliance in coming days.

Key words: horse farm equestrian sport hot spring bathing