

Horses
are Sensational

Beat the Heat

With summer comes **HOT** and **STEAMY** weather. Humans are pretty good at pushing heat away, and horses are too!

We keep our outerwear to a minimum. So do horses. Their shorter summer coats help keep them cool. They really need to, because horses heat up ten times faster than we do because of their big muscles.

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Ways Horses Keep Cool



- 1) Horses sweat big-time to cool down. They can sweat up to 10 liters (2.5 gallons) an hour in hot, humid conditions.
- 2) Horses look for shady trees to hide from the sun, and breezy spots in the paddock to graze.
- 3) In extreme heat, horses sometimes pant (like a dog) to lower their body temperature.
- 4) The top layers of a horse's skin are rich with veins to help keep them cool.



HORSEY HEATING & COOLING SYSTEMS

All living creatures need to keep a steady body temperature to stay healthy, no matter what the temperature is around them.

Although reptiles are "cold-blooded" animals, you'll still find them sunbathing on balmy rocks to warm up or slipping under a log to cool down.

For mammals, like us and horses, it's more complicated. We control our body temperature from the inside and outside.

The fancy word for what we do to control our body temperature is called *thermoregulation*.

Fight the Cold

When it comes to the **BITTER COLD** days of winter, horses do an amazing job of controlling their body temperature. And it's more than a shaggy coat that keeps them warm.

Their thick body produces and holds onto heat really well. Their massive digestive tract produces heat like a furnace. Their thin legs need less blood flow and its long nasal passages warm the air before reaching their lungs.

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Ways Horses Stay Warm



- 1) In the winter, horses eat, eat, eat. Drinking a lot of water helps them stay warm too.
- 2) A horse's winter coat puts our best winter wear to shame! Dense, fine hair is mixed with longer, bristly hair to trap warm air close to the horse's body.
- 3) The groundhog predicts an early spring or six more weeks of winter. Horses can predict how cold the winter will be! Fall temperatures impact how thick the horse's winter coat gets.
- 4) No frostbite for horses with their special passages that send extra heat to their muzzle, feet, tail and ears.

