

DOGGIE FITNESS

Do you exercise with your dog?

Exercise along with a healthy diet can keep both you and your dog in shape! Please consult with your physician and your veterinarian before starting a fitness program. Your veterinarian can ensure that your dog has no medical conditions that would restrict exercise and help you plan a healthy exercise strategy.

Want to go for a walk?

Dogs make great walking companions. Remember to start slowly and gradually increase the amount that you walk. Walking your dog for 20 minutes, 3 times a week is a good way to build up to daily exercise. Even if you are a seasoned walker, don't overdo it. It's time to stop or take a break if your dog starts lagging behind or breathing hard.

Fun ways to exercise your dog

Play Frisbee	Your dog can run and jump while playing frisbee.
Play Fetch	Throw a ball or toy for your dog to retrieve. For extra challenge, throw the toy up a staircase.
Swim	Swimming is low impact and fun, especially for dogs with orthopedic problems.

Tips to remember before starting a walking program with your dog:

- Find a comfortable leash and collar that won't slip off your dog.
- Trim your dog's toenails.
- Choose a safe route.
- Bring plastic bags in case your dog has to make a pit stop.
- Bring water for both you and your dog.
- Take precautions when walking in both hot and cold weather.



References and Resources:

Buffington CAT et al (Eds.). (2004). Manual of Veterinary Dietetics. St. Louis, MO: Saunders.

Case LP et al (Eds.). (2000). Canine and Feline Nutrition. St. Louis, MO: Mosby.

Becker M and Kushner R. (2006). Fitness Unleashed! New York: Three Rivers Press.

Author: Dr. Sandy San Miguel, Purdue Veterinary Medicine (PVM)

Designer: Thad Blossom, PVM

Reviewers: Dr. Nolie Parnell, PVM and Dr. Karen Zotz, College of Health and Human Sciences

The project described is supported by a Science Education Partnership Award (SEPA) from the Office of Research Infrastructure Programs (ORIP), a component of the National Institutes of Health (NIH).
NIH . . . *Turning Discovery Into Health*

Its contents are solely the responsibility of the authors and do not necessarily represent the official views of ORIP or NIH.