

Exercise tips for your Dog

Please find below some tips for activities you should be able to undertake with your dog - depending on his/her fitness levels. This also includes ideas for making exercising more enjoyable for both yourself and your dog.

- When out walking with your dog, use obstacles such as fallen trees and ditches as a natural obstacle course for your dog to jump over, crawl under, or balance on.
- If your dog is able to, walking on a variety of surfaces, such as sand, long grass, and through shallow water, can help increase the amount of calories burnt on a walk.
- Scattering and hiding your dog's food in the garden can help increase your dog's activity levels.
- If your dog pulls when on the lead, it can make walks unpleasant. Using a head collar such as a *Halti* can help to minimise pulling, making walking your dog more enjoyable.
- Find a 'walking buddy' – as well as you having someone to chat with on your walks, having another dog to play with will usually increase a dog's activity when out on a walk.
- If either your own health or daily routine prevents you from being able to give your dog the amount of exercise he/she needs, you could consider using a dog walker to help exercise your dog.
- Swimming is excellent exercise, and most dogs love it. As it's gentle on the joints it is also ideal for dogs with arthritis. However, swimming is hard work, so care must be taken with unfit dogs.
- Once your dog is fit enough, taking part in an activity with your dog could help you find a new way of exercising him/her, as well as being enjoyable for you. There are a huge number of activities to choose from, including agility, flyball, gundog training, working trials



(similar to police dog trials), tracking, obedience and terrier racing – something for every dog and everyone! Information on training clubs for different activities can be found on the Kennel Club's website - www.thekennelclub.org.uk.

- Walking can become boring for both you and your dog if you so the same route all of the time. Try exploring new locations and this will help to make walking more interesting – your dog will certainly appreciate the new sights, sounds and smells.

If you would like more help in ensuring your dog is more active, please feel free to speak to one of our nurses or make an appointment. Call the surgery on 01202 698899.

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