

# DOGS AND PUPPIES: An Exercise Routine



Like humans, exercise is essential to a dog's health and well-being. It burns calories, stimulates their mind, and helps keep them at a healthy weight. The amount and type of exercise will depend on the breed, age and overall health of your dog, so it's important to understand your dog's needs.

Younger dogs will likely have extra energy to burn and will benefit from more physical exercise such as jogging, swimming and chasing a ball. When exercising your growing puppy, avoid strenuous exercise. Consult your veterinarian before starting an exercise regimen that involves more than a long daily walk or casual play.

Active dogs, especially working and sporting breeds, may do well with structured, high-intensity exercise like agility or field training. In contrast, senior dogs might only need one to two walks a day. Dogs with short, squished muzzles, such as Pugs, French Bulldogs, and English Bulldogs, can be intolerant to heat as well as intense exercise. Be sure to consult with your veterinarian regarding the right exercise routine.

Besides improving your dog's overall health, exercise is an important tool to prevent boredom and the subsequent side effects. Because dogs that don't exercise regularly have built-up energy that needs to be released, boredom often leads to

destructive tendencies such as digging, chewing, chasing and herding. Regular and varied exercise will provide your dog the mental stimulation he needs to combat boredom. Mixing up your exercise schedule with off-leash play, tug, fetch, dog sports and training classes will keep your dog entertained and challenged, both mentally and physically.

Lastly, the time spent with you while exercising and playing also contributes to your dog's well-being and strengthens the bond between dog and owner.

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