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.

Fun ways to exercise your dog

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
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<tbody>
<tr>
<td>Play Frisbee</td>
<td>Your dog can run and jump while playing frisbee.</td>
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<tr>
<td>Play Fetch</td>
<td>Throw a ball or toy for your dog to retrieve. For extra challenge, throw the toy up a staircase.</td>
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<tr>
<td>Swim</td>
<td>Swimming is low impact and fun, especially for dogs with orthopedic problems.</td>
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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.

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:
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

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