

# Puppy Love

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## What Have You Got to Loose?

Numerous studies have found that owning a dog increases the quality of life for the people who love them, but walking that much loved dog can provide more health benefits than a regular workout at the gym. And it is a fact; dogs share the same obesity problem as humans, with 40% of dogs being overweight in the U.S. One of the best solutions for both, human and dog is to develop a regular walking routine.

It is generally recommended for a human to get 30 minutes of exercise 3-5 days a week. And with the help of your little doxie you will be able to meet this goal within a short period of time. The best policy is to establish a walking routine that is realistic by starting with a ten minute leisurely walk every day. Gradually increase the time and speed of your walks, but always watch for signs that you may be overdoing it. If you are too breathless to carry on a conversation after walking slow down. If your doxie is breathing fast, panting excessively, staggering or refusing to follow you he needs to slow down.

Walking is one of the best forms of exercise, it is easily accessible and best of all it is free. In addition, studies have shown that dog walkers are more likely to stick with their exercise program than people who go to a gym. And it has been reported that dog walkers actually enjoy their exercise program more than people who participate in other form of exercise.

So, what have you got to loose? Maybe some pounds. But, you have so much to gain ~ better health for you and your little doxie!

## Being the Pack Leader...

- Never let your doxie walk in front of you.
- The leash should be relaxed in your hand and never taut.
- Never loose control of your doxie.

For safety reasons and to have a better mannered dog your little doxie needs to understand you are the pack leader. Usually a gentle tug will keep your doxie in the appropriate walking stance. If your dog is not accustomed to you being the pack leader it may take some time and patience to retrain their walking skills.



## Be Kind and Take

Dog waste and urine can cause damage to grass and plants, so be prepared to clean up after your dog while on your walks. There are many special products made just for this purpose available at pet stores and on line. Special doggie bags are a must for cleaning up after your dog has left his business in someone's yard and if your doxie goes potty treat the area with a with a neutralizing spray. All homeowners will greatly appreciate your thoughtful acts and you will be able to walk away enjoying your walk and not feeling guilty of being inconsiderate to other people's property.