

Exercise For Dogs And Puppies

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Exercise for your canine is an essential. Not exercising your dog or puppy can lead to health problems. They also tend to be more anxious when home alone. Here are some "Do's" and "Don'ts" for exercising with your dog.

The DO'S:

Play with your dog. He/she usually doesn't exercise much unless their owners do it with them. Try to always have time for them.

Make sure you give him lots of water before and after exercising. Dogs can get heat strokes and get dehydrated quickly, even after running a short distance.

Stop whenever he wants to. If he has had enough, go inside, or quit exercising. It is most likely he needs to drink water.

The Don'ts:

Jumping is not an exercise to do often. Some jumps are OK for adult dogs, but don't have your puppy jump too much. This can lead to hip problems later on, and he could lose his balance and fall, which could cripple your puppy. If you want your puppy to jump, only have him jump over small obstacles (such as putting a stick in between chair legs), and do not have him jump more than 7 minutes at a time.

Don't leave your dog in a crate all day. Your dog (or pup) shouldn't be closed up all day only to go outside when he needs to. Make sure he is housebroken if an inside dog, and if outside, have a fenced-in yard so he has freedom to run about.

Don't pull your dog or jerk it with the leash. Doing this could cause a serious throat injury, which could lead to death.

Exercising your dog keeps both of you happy. Try exercising your dog whenever he wants to. Usually puppies sleep 20 hours each day, and adults average 15-18 hours. Whenever he is awake, he either needs to park (potty), eat, play, or rest. Here are some game or exercise ideas for your puppy:

Games and Activities:

Hide and Seek is fun for dogs. Hide and see if he can smell where you went!

Tag is also good. Your dog or pup might not know how to run from you, but he will come after you if you run!

Tug-of-war is always fun!

Playing fetch is fun for both dogs and pups. Puppies enjoy it immensely. Retrievers and Retriever crosses have a natural instinct to bring the bone or stick back to you.

Kong® toys are very entertaining for both dogs and people! Put a dog biscuit in one and watch as your canine tries to get it out. They can stay in a pen for a whole hour and be focused on getting the biscuit out of the Kong®!

Also, for another great game, wash a soda can and put it on its side. Get your dog to place it right-side up. Click when he gets close, and click and give him a jackpot when he does the behavior you want.