

Exercise For Dogs And Puppies

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You have a few minutes to play with your dog, who still has puppy in him. He's getting extremely hyper from lack of exercise. What will he enjoy the most? Well, of course, we can't know exactly what kinds of games your dog enjoys the most, but here is a "top ten" list my dog likes. Who knows, this could be the guide to your dog's top ten favorite games.

10. Jump

This could include jumping through a hula hoop, or jumping over someone's legs if they're sitting in a chair and have them propped up on another. This requires a little bit of training, but in the end, your dog should really enjoy 'Leap' (especially if you have a few treats in your hand). Your dog may even get to the point where he leaps for enjoyment, without even wanting a treat.

9. Hide and Seek

It may take a while to teach your dog how to hide, but it's easy for her to do the seek part! Just run off and hide real quick, and she'll follow you. She gets the idea that you're playing a game when she enters the room and can't see you. So she hunts.

8. "Find it"

This is a fun favorite at our house. Our dog has learned to use his sniffer and hunt a certain object hidden in the room. You let him smell the object (an old hat, or a toy that you only use for the 'find-it game') and you make him wait outside the room. Once you've hidden it, say, "Find it!". The dog enters the room, sniffs around, and hunts down that object. It is a hilarious game that is challenging for the canine and funny for friends and family to watch.

7. Monkey in the Middle

This is pretty self-explanatory. The dog is always in the middle, and you and a friend throw a tennis ball back and forth. Let her catch it every now and then.

6. Tug-of-war

Our dog loves his tug-toy so much. Every now and then he and I have a tug-of-war match. He usually beats me. Once I was sitting in the floor and he pulled me all the way across the room!

5. Kong®

This is the ideal game for special occasions - i.e. when you're out of the house or are leaving your doggie alone for a while. This toy is especially made to put treats inside and stay inside until the puppy finds a way to get them out. Putting peanut butter inside is even more fun for her, because even if she gets the treats out, there's always a little peanut butter in there that she wants. Getting the treats out of the Kong® can last for hours, with no puppy getting tired!

4. Chase Another

This is my favorite. I chase him (and it is very hard to catch him) then I run away and he chases me. Then I chase him...etc.

3. Fetch!

Throw a tennis ball as far as your yard (or local dog park) will allow you to and have Puppy fetch. (To teach her retrieve, see 52 tricks in 52 weeks)

2. Frisbee

This is another "Fetch" idea, but our dog likes it with the Frisbee better. It flies much nicer and Caspi-an even catches it in the air most of the time. It's his second-to-favorite thing to do! But his first favorite is....

1. Flashlight/laser pointer

We don't do this but every now and then. Our dog knows that it's the flashlight or pointer that produces that object on the floor, but he loves to chase it anyway! It's his most favorite thing. If he hears the flashlight 'click,' on, whether he's asleep or upstairs, he comes running.

I hope this was helpful! And remember that whatever game you make up for you and your dog, you can bet that she'll love it.