

<p style="text-align: center;">SANTA MONICA PAWS LOOSE LEASH WALKING TRAINING EXERCISES</p>

THE EXERCISE WALK (LEADERSHIP WALK)

MOVING FORWARD, NO SNIFFING, NO STOPPING, UTILIZING THE “LEAVE IT” REQUEST WHEN DOG STARTS TO SNIFF AND ALWAYS REWARDING WITH TREAT EVERY SINGLE TIME DOG LEAVE IT, I.E., DOESN’T SNIFF.

- The take-off word/phrase for Exercise Walk (must have one) For ex: **“attention, we go, let’s go, heel, walk, forward”**
- *We become LEADER of the dog, they must FOLLOW behind you – no sniffing
- The first 5 minutes of any walk should be EXERCISE walk (unless you know your dog must pee or poop first).
- **This can only be accomplished if dog is already practiced at loose leash walking.**

ENTERTAINMENT WALK (SNIFF WALK)

(SNIFFING, PULLING OVER FOR A SNIFF BREAK OR URINE MARKING)

The relaxing word/phrase – “YAY” or “OK” (relaxed & fun)

- Dogs must walk on a loose leash even though it is “entertainment walk”.
- We become follower to the dog, we let them lead as long -as they don’t sniff.
- After a few minutes, use your phrase to let them know that the exercise walk is about to begin.
- Entertainment walk is like a regular loose leash walk. Could be on your cell phone etc.

MORE WALKING TIPS:

- Walking a dog is like ballroom dancing, first you lead (Exercise Walk) then your dog leads (Entertainment Walk).
- **DURING THE EXERCISE WALK, YOU PLAY THE MASCULINE ROLE AND YOUR DOG PLAYS THE FEMININE ROLE, DURING THE ENTERTAINMENT WALK IT IS REVERSED.**
- Dogs should be walked first thing in the morning for 60-90 minutes.