

## Exercise

Goldens are very athletic dogs. They thrive on exercise. It's important they get daily exercise, whether it is a long walk, throwing the ball (I highly recommend a toy called "Chuckit!" which allows you to throw the ball 150 ft), easy walking or running on a treadmill (start them early), etc. If your puppy or adult dog is exuberant and becoming a monster, it isn't getting enough exercise. Remember a tired dog is a good dog.

Use good judgment and common sense when exercising a puppy. They should not be put through the rigorous exercise that an adult dog can handle. Puppies need five minutes of exercise per month of age up to twice a day, according to the U.K. Kennel Club. In other words, a 3-month-old puppy will need 15 minutes of exercise while a 4-month-old will need 20 minutes. This may take the form of low-impact activities like swimming or playing with small dog exercise balls. You can also take your puppy out for short walks on a leash. However, if he starts to sit down, give him time to rest. If he does not start walking again, you may have to carry him home.

Short walks, a few throws of the ball, etc. Start with  $\frac{1}{4}$  mile on your walks. Then slowly increase your distance as the puppy indicates he/she is ready. If the puppy is tired, then stop. Their growth plates don't seal until about one year or more. Until that time, joints and tendons can be easily damaged. As the pup reaches the one year mark, you can start running him short distances if you wish, gradually increasing the distance over the next year. By two years of age, your dog should be good to go.

Most adult dogs should participate in some form of physical activity for at least 30 minutes and up to two hours every day.