

# Dogs need exercise too!

Exercise can improve your dog's physical and mental health, but it is important to research the best exercise routine for you and your dog. Consider your dog's age, health and current activity level when starting a new exercise routine. It's always a good idea to talk to your veterinarian. When starting any exercise program, begin slowly to build endurance.

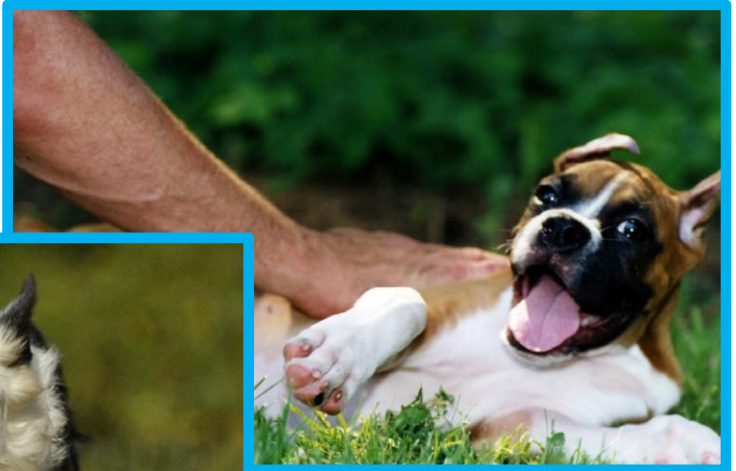
## How can you exercise your dog?

### Play!

Dogs, of course, love to play. Set aside time each day for play sessions. Apart from the obvious benefit of having fun together, play also provides an outlet for your dog's energy. A good game of fetch or hitting balls for your dog to retrieve in your backyard will do the trick.

### Go On Walks

Take your dog on frequent walks. He will enjoy exploring the neighborhood and will benefit from the exercise. Make sure that you have a good strong leash and that you maintain control of the dog at all times. Jogging is also great exercise for you and your dog, but remember to start out with short distances and see if your dog is able to keep up. You may only be able to walk with your dog if he is too small or elderly.



### Swimming

If you have access to a private pool or safe lake, swimming is great exercise. Keep in mind that your dog will be using new muscles and will tire quickly and never leave your dog unattended in the water.

### AKC Events

Agility, Obedience, Rally, Tracking, and Performance events can be fun for you and your dog! Visit the Events section of AKC's web site [www.akc.org](http://www.akc.org) for training clubs in your area.



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