

FALL 2020



DEXTER'S DIGEST



Quarterly Newsletter for KB's K9 Fitness
LLC



WELCOME TO THE FIRST EDITION OF DEXTER'S DIGEST

Starting a business in the middle of a Pandemic was "crazy" they said. An Rn leaving her job of 22 years to become a dog walker was "crazy" they said. Well, I guess I AM crazy! 😊 This business has been a dream of mine for a very long time and I am so happy to make that dream a reality. I want to thank each of you for supporting KB's K9 Fitness over the past few months. I really do have the best clients and I appreciate you all!



KB'S K9 FITNESS
WALK. RUN. WAG. REPEAT.

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DOG TREATS**

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Don't forget to refer us to your friends and earn some Bow-Wow bucks!

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DOG WALKING TIP

FROM THE AMERICAN KENNEL CLUB

By Stephanie Gibeault, MSc, CPDT

YOUR DOG'S DAILY WALK IS LIKELY ONE OF THE HIGHLIGHTS OF THEIR DAY. GOING FOR A WALK CAN PROVIDE YOUR DOG WITH MORE THAN JUST A BATHROOM BREAK. IT CAN GIVE THEM PHYSICAL EXERCISE, MENTAL STIMULATION, AND A CHANCE TO KEEP TABS ON THE NEIGHBORHOOD. TO MAKE SURE YOUR DOG IS TRULY ENJOYING THEIR WALKS, MAKE SURE YOU ARE LETTING YOUR DOG SNIFF AND EXPLORE.

WE HAVE FIVE OR SIX MILLION SCENT RECEPTORS IN OUR NOSES, BUT DOGS HAVE UP TO 300 MILLION, DEPENDING ON THE BREED. THEY ALSO HAVE A FAR LARGER AREA OF THEIR BRAIN DEVOTED TO THEIR SENSE OF SMELL, AS WELL AS A JACOBSON'S ORGAN THAT HELPS THEM DETECT NORMALLY UNDETECTABLE ODORS SUCH AS PHEROMONES. ALL OF THIS ADDS UP TO A SENSE OF SMELL THAT IS AT LEAST 10,000 TIMES GREATER THAN A HUMAN'S. IT'S ALMOST IMPOSSIBLE FOR US TO IMAGINE THE COMPLEXITY OF THE INFORMATION THEY GATHER WITH THEIR NOSES.

SO WHILE WE MIGHT ADVISE A FRIEND TO STOP AND SMELL THE ROSES WHEN WE THINK SHE NEEDS TO RELAX AND ENJOY HERSELF, IT'S A FAR MORE ACCURATE PHRASE WHEN IT COMES TO OUR DOGS' WALKS. DOGS EXPERIENCE THE WORLD THROUGH THEIR NOSES, AND JUST AS WE MIGHT WANT TO LOOK AROUND TO TAKE IN THE SCENERY, THEY WANT TO SMELL ALL THEIR ENVIRONMENT HAS TO OFFER. DRAGGING YOUR DOG AWAY FROM AN INTERESTING SCENT, OR ASKING HIM TO HEEL THE ENTIRE WAY AROUND THE BLOCK, PREVENTS HIM FROM TRULY TAKING IN EVERYTHING AROUND HIM AND DIMINISHES THE MENTAL STIMULATION A WALK CAN PROVIDE.

SOME DOGS SEEM TO BE RULED BY THEIR NOSES AND THINK OF NOTHING ELSE WHILE ON A SCENT TRAIL. PROPER TRAINING CAN HELP REGAIN THEIR FOCUS WHEN OUT ON A WALK. CONSIDER TEACHING CUES LIKE "WATCH ME" OR "LEAVE IT" TO TAKE THEIR MINDS OFF THE SMELL AND PUT THEIR ATTENTION BACK ON YOU. REWARD SHORT BURSTS OF HEELING OR LOOSE LEASH WALKING WITH FREQUENT SNIFFING SESSIONS TO HELP FOSTER GOOD WALKING BEHAVIOR.





PEANUT BUTTER PUP-KIN DOG TREATS

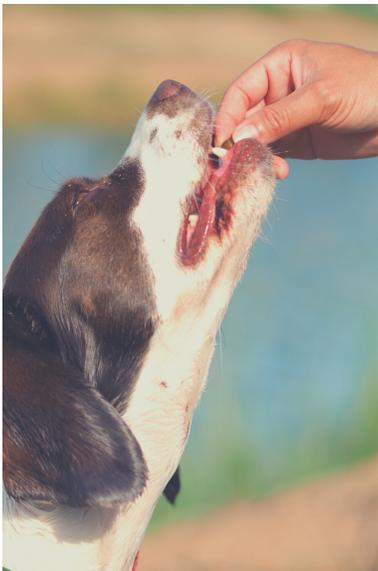
FALL IS HERE AND THE PUPS CAN REVEL IN THE SEASON TOO WITH THESE TASTY HOMEMADE DOG TREATS. ONLY 4 INGREDIENTS - PUMPKIN, OATS, FLOUR AND YOUR DOG!

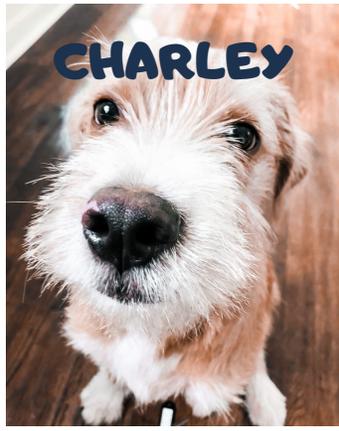
These dog treats are easy to make and your dogs will love them!

Ingredients:

- 1 cup old-fashioned, 1-minute or instant oats, plus more as needed
- 1/3 cup canned pure pumpkin
- 1/4 cup natural peanut butter (use one that doesn't contain artificial sweetener xylitol)
- Whole wheat flour, for work surface

- Preheat oven to 300°F. Line a baking sheet with parchment paper.
- In a food processor, process oats until they resemble a fine powder. Add pumpkin and peanut butter and process until a sticky dough is formed.
- On a lightly floured surface, roll out dough until about 1/2 inch thick. Using a small cookie cutter or knife, cut out treats.
- Arrange treats on the prepared baking sheet and bake until treats are dry and hard, 25 to 30 minutes. Let cool before feeding to your pup.





IT'S NOT WHERE
YOU WALK,
IT'S WHO WALKS
WITH YOU



KB'S K9 ATHLETES