

Exercise Safety Tips

Drs. Foster & Smith Educational Staff

Exercising can often be boring and difficult to do alone. Have you ever thought of including your dog in your fitness routine? Whether you walk, jog, bike, or swim, a canine workout buddy is a great way for you (and your dog) to stay motivated and shed extra pounds.

Exercise not only helps you bond with your dog, but it helps to keep your dog healthy. Including your dog in exercise helps keep joints and muscles healthy and helps control canine obesity.

It's important to keep safety in mind when you exercise with your dog. Here are some helpful safety tips:

Before you start a workout routine, it's a good idea to take your dog to his veterinarian for a checkup. This helps you to be sure that your dog's overall health is in good standing before you begin a fitness routine.

You both should drink plenty of water to keep hydrated, especially in warmer weather and keep your dog on his leash for safety.

Ease into an exercise routine and include a warm-up and a cool-down. This helps prevent overexertion and sore muscles.

When you exercise with your dog, you can be sure that you both are staying fit and helping each other stay motivated. What a great way to spend time together, release some stored up energy, and keep weight under control!

Recommended Products

[Lifestage Select® Multivitamins](#) to ensure good health.

[Nylon Dura-Ruff® Dog Collars & Leads](#) to keep him close at hand.

[Outward Hound™ Outdoor Agility Starter Kit](#) keeps your pet healthy and active.

[Flying Discs](#) are great fun for you and your dog.