

EXERCISE IS A MUST FOR YOUR PUPPY!

MAKE SURE YOU EXERCISE YOUR PUPPY'S BRAIN **AND** BODY EACH DAY!

Attention:

- How much daily social time does a puppy need? **A good rule of thumb is that a puppy should spend at least half his waking hours each day interacting with other dogs and people.**
- Like humans, most dogs enjoy a mix of old friends and new encounters – so make sure your pup meets at least one new dog or person each day.
- While puppies do need to learn to spend time alone, too much isolation will make them antisocial, anxious or depressed.
- Allowing your puppy regular access to his familiar doggie buddies as well as the chance to meet new dogs will increase the chances of him being socially content and well adjusted.

Physical Exercise & Mental Stimulation:

- Your puppy's brain and body BOTH need lots of exercise. Swimming, playing tug & fetch, and playing with other dogs are good brain AND body work-outs.
- Walks on leash are not always physically exerting, but they do provide a lot of mental stimulation: all the outdoor smells, sights and sounds are very interesting!
- Working on obedience skills requires lots of doggy concentration, and your puppy will love the mental challenge of figuring out new things.

Puppies need social interaction, physical exercise, and mental stimulation –just like children do – in order to grow up to be healthy and well adjusted. When these needs are not met, many behavior problems can develop.

Exercise is very important before training. It helps to capture the good behavior and causes less frustration for you both.

Active dogs need at least 30 minutes to an hour a day of flat-out running to take the edge off of their energy.

**Without this outlet
you can expect
behavior problems.**

Exercise is part of a dog's basic needs for a mental, physical, and emotional stability. To ignore this fact is to set your dog up for failures.

GET ACTIVE WITH YOUR PUP . . . YOU'LL FEEL BETTER, TOO!

Dogs were bred to have a job and not to just lie around. Get to know your dog's breed and give them a job to do! This is both mental and physical exercise, which will make your dog balanced and happy. It builds confidence and security when they have a purpose.

Can you imagine the boredom that comes from being alone for hours and hours each day? No company, no phone conversations, no books to read or TV to watch. Wouldn't you need an outlet when someone finally comes home? But usually the owner is tired from work all day and the dog is full of energy and excitement from being alone all day!

Take time to sit back and put yourself in your dogs place. It may help you to better understand why your dog acts the way it does!