



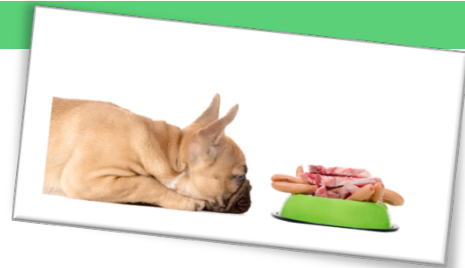
We continually update our skills and knowledge so that we stay current with the best practices that can help you and your dog.

cheerfuldogs chronicles

cheerful dogs, happy people

Issue 5

Living with Dogs: Preventing Obesity in Dogs



A trim figure is fundamental to good health for dogs. Statistically, lean dogs live longer than their chunkier buddies and have fewer health problems. Overweight dogs are more likely to develop pancreatitis, diabetes, heart disease, and joint pain. If the pounds have snuck on (if you can't clearly see your dog's waist), consult your veterinarian about any underlying problems that can contribute to weight gain and the correct amount to feed your dog. Then get serious about increasing your dog's exercise level. Keeping up the activity level is advisable even if your dog is in great shape—one of the best things you can do for your dog's long-term health is to prevent future weight problems.

Get the amount right. Exercise needs vary with age, breed, size, and overall health, but a good rule of thumb is for your dog to spend between thirty minutes and two hours being active every day. Collies, retrievers, and shepherds need lots of running time; Bulldogs and Dachshunds can thrive with moderate daily outings.

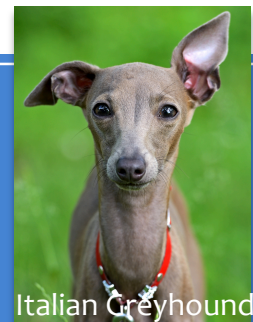


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Dog quotes

"Everything I know, I learned from dogs."

– Nora Roberts



Italian Greyhound

cont.

....preventing obesity

Change it up. Don't limit your thinking on dog exercise to walks and throwing a ball at the park. Sign up for a fun dog class or activity like rally-o, flyball, nose work, or agility. Find a local dog group so your dog gets to play with other dogs regularly (if she enjoys canine company, of course). Or, if time is a problem, consider hiring a dog walker or joining a doggie daycare.

Ramp it up at home. Playing hide-and-seek, figuring out a puzzle toy, and practicing training cues and show-stopping tricks for the next party are just some of the at-home undertakings that increase your dog's overall activity level. Five minutes here, ten minutes there; it all adds up to a healthier, happier dog.



Dogs in Action: Canine Fitness

Chief Cheery Officer (CCO) Kiyo is working on an exercise that strengthens and conditions his core muscles. Such exercises are part of the Canine Fitness Training Programme, coming soon to cheerfuledogs.com.

The programme covers five areas of canine fitness: flexibility, cardio, strength, balance and mental fitness. A Certified Canine Fitness Trainer (CCFT) will first establish the dog's current state of natural movement and level of fitness, working in conjunction with a vet if necessary. She then designs a bespoke fitness programme appropriate to the life stage of the dog.

The programme can help improve general fitness in pet dogs, maintain healthy movement in senior dogs, and build confidence in puppies. More updates in coming issues, so keep posted!

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