



Ease your worries knowing that your dog is walked by a professional.

cheerfuldogs chronicles

Certified. Force-free. Dog-centred

Issue 10

Living With Dogs: A Tired Dog is a Good Dog?

Exercise is fundamental to good health. Slothful ways lead to diminished well-being, poor muscle tone, obesity, heart ailments, and joint problems. A couch potato existence can also prompt behaviour problems - from just quirks to full-on neuroses similar to those seen in caged animals. Almost all dogs were bred with a working purpose in mind: The Basset Hound for rabbit hunting; the Corgi for herding. It makes sense, then, that all dogs need to run their engine frequently and vigorously to function well. Contrary to popular belief, dogs rarely self-exercise if left alone outside. They bark at strangers, and lie around in the shade. Exercise earns you a happier, better-behaved dog. Suitably exercised dogs bark less, chew less, sleep more, and rest easier when left home alone. Exercise has also profound effects on a dog's personality. The same dog can either disembowel the couch cushions or snooze peacefully, depending on the quality of the workouts he gets.



Whether or not a tired dog is a good dog depends. The key to appropriate exercise is balance. A stroll around the block may not be enough for some dogs, just as playing Frisbee everyday may be over-arousing for others. Always get your cue from your dog's behaviour as to what is suitable for Fido. Teach your dog to fetch, or sign up for a dog sport or canine fitness programme. If time is an issue, hire a dog walker, or send him to doggie day care if he enjoys the company of other dogs. Don't forget to work your dog's mind as well as it's not always about physical exercise. Nosework, interactive food puzzles, training games, learning new tricks are other ways to expend a dog's energy and provide mental stimulation. Both mental and physical exercise make for a healthy dog.



Certified. Force-free. Dog-centred.
cheerfuldogswalking.com

Dogs In Action: Search & Rescue (SAR)

Given that dogs have up to 300 million scent receptors (compared to our 5 million), keen night vision, and super-sensitive hearing, nobody can be surprised that dogs excel at search & rescue work. Experts estimate that a single dog-and-handler team can be as effective in locating missing persons as 20 to 30 people. SAR dogs, long an indispensable part of the law enforcement and emergency services teams that investigate crime scenes, have also become a fixture at disaster sites. We see them on TV with their noses in the rubble, looking for survivors after earthquakes, floods, explosions, tsunamis, mudslides, train or plane wrecks, even avalanches.

What makes a great search & rescue dog? Any breed will do, though requirements such as a first-rate nose, strong prey or play drive, stamina, and high trainability place retrievers, shepherds, and collies high on the list. Important character traits are friendliness, an even disposition, intelligence, courage, and finally that certain something which, in a human, might be called grit. In SAR work, twelve-hour shifts in cumbersome terrain surrounded by death and devastation aren't unusual.



Tips & Tools: 5 Tips for Office Etiquette

If you are among the fortunate who get to bring your furry sidekick to work, preserve the privilege by turning your dog into Canine Employee of the Month:

Mind the manners. Beef up on those manners cues, so Sit, Stay, and Quiet are nice and reliable.

Come prepared. Your doggy daypack should include food, treats, a leash, poop bags, a favourite chew toy, a dog bed, and pet-odour remover in case of accidents.

Be mindful of others. Not everyone is a dog lover and it's your responsibility to keep Fido away from anyone who might not appreciate dog kisses, paw prints, and a hair shower.

Be mindful of your dog. Check that your dog enjoys the experience, and be ready to decline the overwhelming attention of an enthusiastic colleague if Fido is uncomfortable.

Take breaks together. Schedule at least two breaks for your pooch to stretch his legs and go potty. If possible, spend your lunchtime together, perhaps with a nice walk.



Follow us



Supported by



cheerfuldogs.com

Your go-to trainer for enlightened dog lovers

Website: cheerfuldogs.com

cheerfuldogswalking.com

Professional dog walking you can trust

Website: cheerfuldogswalking.com

Tel: 9630 3884

Email: cheerfuldogswalking@gmail.com

Save the environment, access our e-newsletters on our websites