

Have Fun. Be Active with Your Dog!

Being physically active can be more fun when you're with someone else, but that someone else doesn't have to be a person.

Here are some tips to help you and your pooch have a great time being active together. It will help you both stay fit and healthy.

Set up a routine and have fun.

- Dogs, like people, are creatures of habit. Go for walks and play about the same time each day.
- Make a plan with a neighbor to walk the dogs together.
- Take a brisk walk to your local dog park.

Be imaginative. Walks are great, but consider other activities, too.

- A game of catch is a classic.
- Agility training—create a mini-obstacle course in your yard or at the park; together, move around, through, and even under the items.

Keep safety in mind.

- Stay hydrated. On long walks, bring water for both you and your dog.
- In hot weather, go out in the morning or evening, when it's cooler.
- In cold and snowy weather, wear boots with good traction. Check your dog's paws and remove snow and ice from his footpads.
- Check yourself and your dog for ticks if you've been walking in the woods together.



Quick Tip

Make your walks with Fido count. Go at a brisk pace for 20 to 30 minutes.

VISIT

www.nia.nih.gov/Go4Life

- Read more tips.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.



National Institute on Aging

National Institutes of Health

U.S. Department of Health & Human Services

Go4Life is a registered trademark of the U.S. Department of Health and Human Services.