

GETTING ENOUGH EXERCISE IN THE WINTER

When the days are colder and less time is spent outside, take the daily exercise indoors.

Like us, our pets can become less active when the weather outside is colder, blue skies are covered by clouds more often and the days are shorter.

Combat the final days of the winter blues together and make exercising more fun by inviting your dog to workout with you.



Try these fun and challenging exercises

Push ups



Dogs love to mimic our body language. See if you can get your dog to copy your smooth movement as you complete a series of push ups.

Encourage them to only lower and raise the front half of their body, for a more accurate duplication of your movements.

Figure 8s

Let your dog help improve your waistline by teaching them to complete figure eights by walking around your left leg and then your right leg. Slowly walk forward 3 steps and back 3 steps as they weave in and out of your legs.



Let them carry a bone, or favourite toy, for added fun.

Stretches

Giving your muscles a good stretch is important for you both. Make sure to stretch back muscles, legs and arms.

For added fun, turn the tables and mimic your dogs stretches.



March in place: practice some discipline by having your pup march in place using only their front paws, either by your side or in front of you.

Consult your veterinarian to help you customize an indoor workout routine based on your dogs age and/or current health. They can also recommend the total amount of time you should spend exercising to ensure your dog is not working out too hard or for too long.