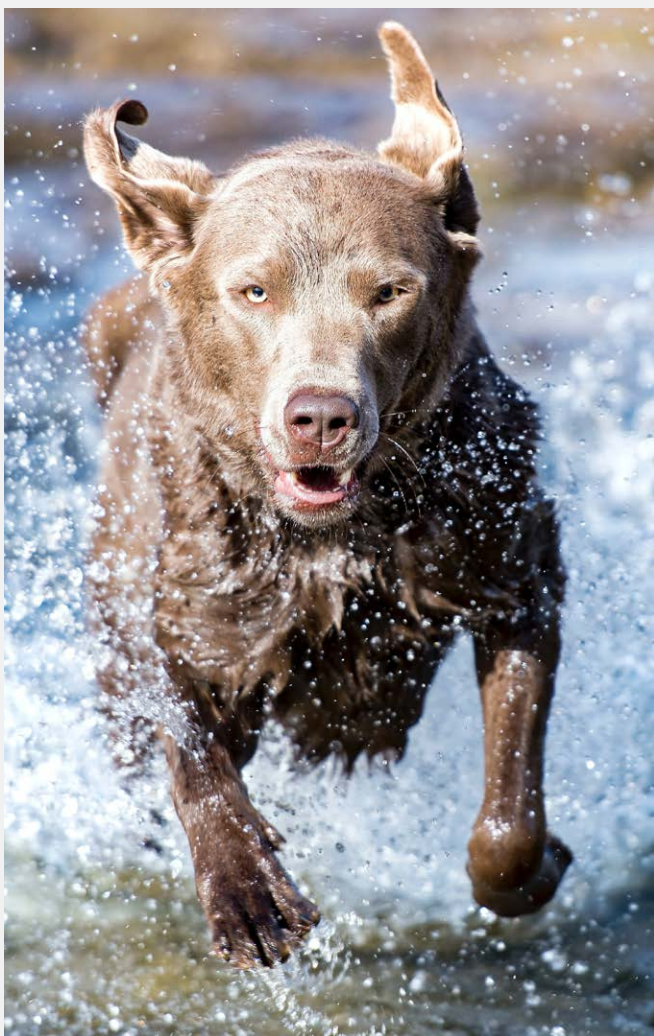


Exercise & Enrichment



Exercise and enrichment are only about keeping your dog physically healthy. Providing exercise and adequate enrichment help dogs meet their psychological and emotional needs. When a dogs' brain and body get a workout, many behaviors that we humans consider problematic lessen or go away completely.



Exercise

Walking at a human pace, on a short leash, isn't cardio exercise for the majority of dogs. Neither is simply having access to a backyard.

1. For a healthy adolescent or adult dog, aim for at least 45 minutes of cardio exercise a day.
 - **PLAYTIME WITH A HUMAN:** fetch, tug, or using a flirt pole
 - **OFF-LEASH** (where legal and safe) or **LONG LEASH WALKING** where the dog has autonomy over their movements and can go at their own pace.
 - **DOG PLAY** if appropriate and safe.
2. Puppies don't need a heavy cardio workout, and too much exercise can injure their growing bodies and turn them into adrenaline junkies!
3. Senior or special needs dogs have different exercise requirements too! An older dog still needs their exercise. It should be a part of a regimen to stay happy and as healthy as possible. Talk to your vet or trainer about specifics.

Enrichment

1. Let them sniff! While we live in a visual world, dogs live in a world of different smells. Allowing dogs to sniff during walks is essential to a high quality of life. It's like reading their newspaper! Try decompression walks.
2. Work to eat. Dogs are natural scavengers who enjoy hunting for, sniffing out, and chewing hard to eat food. Ditch the bowl and invest in enrichment toys or hide their meals throughout the yard or house. Cut down on meal portions and offer snacks in frozen Kongs!
 - Tap into instincts. Dogs love to dig, chew, dissect things, explore as most have some predatory drive. When dogs lack outlets for their normal behaviors, they usually manifest in other ways. Ways we don't want, like digging up the yard, tearing up furniture, chewing our favorite shoes, and more! To decrease the chances of your pet taking it out on our couch or precious lawn, we can give them appropriate outlets for these behaviors:
 - Varied chew items- and get a few to find out which ones they like
 - Novel experiences. Just like us, dogs get bored doing the same thing every day. Get them out of the house, and even out of the neighborhood for walks!



- Dig pits: if your dog loves to dig, give them a safe place to do it! Build a raised bed or designate a small portion of the yard for a dig pit. Make it extra inviting by tilling the soil and burrowing toys and treats for them to find. Once they start digging in that area, interrupt any other digging and redirect them to the appropriate spot.
- Every dog is different when it comes to the predatory sequence in its DNA. Dogs who love to chase small animals do well with flirt pole play. Dogs who like to dissect your sofa can instead practice this behavior on plush toys.



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