

## Importance of Exercising Your Dog's Body and Mind

If you want a well-trained, well-mannered, well-socialized dog, interact multiple times every day with your dog, with the goal of building a foundation of trust and a healthy relationship.

All dogs benefit from learning and practicing skills daily. Keep all interaction fun! Dogs are sensitive to your emotional state and will pick up on your stress.

### Physical Exercise

Physical exercise is important for your dog to stay balanced. Dogs who don't receive enough exercise can develop behavioral issues like chewing, jumping, nipping, etc. There are many different ways to ensure that your dog is getting adequate exercise.

- Daily walks are a great way to allow your dog to stretch his legs and explore his surroundings. All of the smells and sights on walks are great mental stimulation as well.
- Play fetch with your dog. This is a fun game for both you and your dog and can easily tire your pup out. Practice drop it with him too in order to make the game go more smoothly.
- Check into using a flirt pole. This is essentially a large cat toy for dogs and can be great exercise. Make sure to add structure to this playtime, by implementing cues like "Drop it", "Leave it", "Sit", etc.

### Mental Stimulation

- Food dispensing toys are a great way to feed your dog his meals and work his brain on rainy days! There are many different types that you can find online and in any pet store.



- Training basic manners or tricks are also great ways to stimulate your dog. Ten minutes of training is equal to thirty minutes of physical exercise!
- Play games with your dog like "find it". Hide treats around the yard or in the house and teach him the cue "find it" to search for the hidden treats. Putting your dog's nose to work is another great stimulation example!

Kong  
Snuffle Mat

Bob A Lot  
Dog Puzzles

