



Fitness And Exercise

Every dog is different, as are his needs for exercise. The breed, age, and sex of your dog will all influence the amount of physical activity needed to keep him happy and healthy.

Puppies have more energy than adult dogs, although that doesn't necessarily mean they require more exercise. It is possible to over-exercise a growing puppy and damage his joints. It's suggested to exercise puppies in several short periods throughout the day, rather than one long walk or jog.

It's best to ask your veterinarian how much exercise your puppy should receive daily, but according to the Kennel Club, a general rule to follow is five minutes of exercise per month of age, twice a day, until the puppy is full-grown. (2 months old = 10 minutes of exercise, twice a day)

Before getting a dog, learn the activity and energy levels of his breed. High-energy dogs will require more exercise than low-energy dogs. Generally, all adult dogs should receive between 30 minutes and two hours of physical activity and mental stimulation daily.

Ensuring your dog is physically active not only keeps him healthy but will also improve behavior, social skills and your bond with your pup.