



**CDTS**  
Cranbourne Dog  
Training School

*"Positively the best- for you and your dog"*

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## EXERCISING YOUR DOG SAFELY

Regular exercise is very important to your dog. It provides mental and physical stimulation, which is needed to maintain your dog's health.

The type and amount you give will vary depending on age, breed and any medical condition of the individual pet.

Behavioural problems relating to boredom frequently arise when owners are unable to ensure an adequate amount of exercise. If you are unable to give your dog the exercise he needs, using a neighbour, friend or professional dog walker may be the solution. (Please ask for our leaflet on 'What to look for in a professional dog walker') A tired dog is a happy dog! Twice per day is recommended, whether this is a proper walk, or a slow, enrichment sniffing walk where your dog is allowed to investigate smells, find treats that you've thrown into long grass etc.

Use ball throwing in moderation as damage can be done to shoulders and elbows from trying to stop suddenly to catch a ball. It would be far better to insist on a 'wait' while throwing and then let your dog go – or even throw into long grass so your dog can indulge in a 'find it' game.

A few points to be aware of:

- Young dogs, especially the larger breeds need restricted exercise, as strain can be put upon joints and ligaments. This does not mean you have to keep your dog on a lead – just allow free run for short periods, which includes playing in the garden.
- Puppies need 'time out' in between play times to rest properly. It is useful to confine the puppy to allow adequate undisturbed rest.
- Only allow steps and stairs in moderation, allowing young dogs to charge up and down stairs puts strain on young, growing legs, as does encouraging jumping for a toys, balls etc.



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- Your dog needs to be mentally and physically stimulated. Avoid going on the same route every day and arrange to meet with different dog walking friends but be mindful of the type of chasing games your dog plays with other dogs, if it's getting too boisterous, be prepared to put your dog back on lead to calm down.
- Consider agility/training classes/flyball (if age appropriate) – especially for working breeds who need a job to do.
- Remember to leave at least an hour between feeding and exercising – bear in mind that large dogs in particular are susceptible to bloat.