

FIT *for* LIFE PUPPY

Exercise Guidelines for Pups
from 3 Weeks to 18 Months

Chris Zink DVM PhD DACVSMR
Gayle Watkins PhD



AVIDOG-ZINK
VENTURES

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ABOUT US

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DVM PhD DACVSMR



Chris is one of the world's foremost canine sports medicine and rehabilitation veterinarians. She has helped thousands of dogs and their owners identify, diagnose and treat injuries. She helped establish the American College of Veterinary Sports Medicine and Rehabilitation as a specialty in veterinary medicine.

In addition to her veterinary expertise, Chris is an active dog sport competitor. She has put over 135 titles in agility, obedience, conformation, tracking, hunt tests, barn hunt, nosework, coursing and rally on dogs from the Sporting, Hound, Working, Terrier and Herding groups.

GAYLE WATKINS

PhD



Gayle is a leader in the field of dog breeding education and is a longtime breeder of multipurpose golden retrievers under the Gaylan's prefix. She has been selected as AKC Breeder of the Year three times, in agility, rally and tracking, and is an AKC Gold Breeder of Merit with over 130 American and Canadian

championship titles in conformation, agility, obedience, tracking and rally, including the only golden retriever with two National Agility Championship wins.

Gayle has trained, shown and competed with her golden retrievers for over 40 years with over 100 titles in an array of sports including upper-level obedience, agility, tracking and hunt tests.

INTRODUCTION

You've probably heard the old adage, "A tired puppy is a good puppy." That sounds great but how exactly do you safely tire your puppy out? You certainly can't depend upon your puppy's common sense to guide you. Some pups have no respect for their bodies and will leap (or fall) off tall buildings, if allowed. Others are natural couch potatoes that will spend their days lounging around. How do you know how much and what type of exercise you should do with your pup?

Until now, there have been no professionally developed, evidence-based exercise recommendations for puppies. The guidelines presented in this booklet are the first! If you follow them, you will be able to have fun safely exercising your puppy because that old adage is right, a tired puppy is a good puppy...and an even better adult dog!

So let's get started with your puppy's new, safe and effective exercise program!



**BALANCE &
PROPRIOCEPTION**



**SKILL
TRAINING**



**FLEXIBILITY &
STRETCHING**



STRENGTH



ENDURANCE



**GOOD FOR
THE SOUL**

BENEFITS OF EXERCISE FOR PUPPIES

These days the news is filled with articles touting the power of exercise, starting at a young age and continued over a lifetime, to improve the health and longevity of people. When it comes to working out, the physiology of dogs isn't much different from that of people, so let's look at what we know about the benefits of exercise for our puppies.

- 1. Better Brains.** Studies in humans have shown that the earlier exercise starts, the better the brain is at adapting to change throughout life. Children that exercise are less anxious, more confident and show better self-control, all mental states we want in our dogs, too. Not only that, the part of the brain that is affected most by exercise is the part responsible for learning and memory. So, smart exercise means smart, stable puppies that grow into smart, stable dogs! Smart dogs learn better so that they can fit into your lifestyle better.
- 2. Healthier Bodies.** Dogs are naturally athletic. When a dog is active, its bones, muscles, tendons and ligaments become stronger, creating a positive feedback cycle of health and activity and more health. For example, one study has shown that puppies that are exercised regularly over moderately rugged terrain have a reduced incidence of hip dysplasia.
- 3. Longer Life- and Healthspans.** We all know what lifespan means but you may not be familiar with healthspan, the length of time that a dog remains healthy and active, not simply alive. We all want our dogs' healthspans to be as long as possible! Numerous studies have shown that exercise and fitness increase healthspan, reduce the risk of cancer, and help with weight control in both dogs and humans – yet another great reason to exercise together! Believe it or not, starting a fitness program with your puppy today is likely to increase the number and quality of the years you will enjoy together!

PUPPIES AREN'T JUST LITTLE DOGS

As important as exercise is to puppies, you shouldn't exercise your puppy like you would an adult dog because puppies aren't just little dogs. Their bodies differ from those of adults in several important ways. Compared to adult dogs, puppies have:

- Softer bones
- Open growth plates (soft areas where new bone is growing)
- Weaker muscles
- Less coordination
- More rapid brain growth and remodeling
- Less efficient cooling mechanisms

These differences mean that puppies are at greater risk of serious injury than adult dogs. Some of these injuries can cause long-term, health problems, such as osteoarthritis, bone deformities, elbow dysplasia and more over your pup's lifetime. To avoid these problems, we must tailor our puppies' exercise to their bodies.



DESIGNED JUST FOR PUPPIES

The guidelines in this book are puppy-appropriate versions of *Fit For Life™*, our proven fitness program for dogs of all ages. These puppy exercises are tailored to the unique needs of puppies and their growing bodies. Don't underestimate the effects of this growth! During the first year of life, your puppy's body multiplies its birthweight from 16 to as many as 160 times! This means your puppy must adapt over and over again to its changing body during each period of development so it doesn't get injured.

While growing up, your puppy is also developing body awareness (also known as *proprioception*), strength, balance, flexibility, and stamina. All these changes must be controlled and monitored by your pup's developing nervous system, which is constantly laying down new neural pathways while pruning others.

We developed these guidelines so that you would know how to best guide and hone these physical changes while preventing injuries in your puppy. They will help you know how much and in what ways to exercise your puppy as it develops through all the periods of youth, from 3 weeks of age to young adulthood.

EVIDENCE-BASED PUPPY EXERCISES

These exercises are carefully designed with the unique periods of a puppy's growth and development in mind.

The exercises are designed as fun games that you can play with your puppy to help it develop into a strong, stable adult while avoiding over exercising or risking injury. And, as a bonus, as you follow these exercises, your relationship with your puppy will grow and develop, too.

WHAT'S THE EVIDENCE?

Physicians in the United States, Canada, Australia and the United Kingdom have published standard guidelines for exercise in children and adolescents that recommend a minimum of 1 to 3 hours of physical activity each day. Studies in horses have shown that controlled, consistent early exercise improves locomotion and increases the strength of soft tissue without causing damage or injury.

Based on our knowledge of the development of the brains and bodies of puppies, we identified the comparable ages in puppies and designed equivalent guidelines.

THE 5 PERIODS OF PUPPYHOOD

3 to 7 weeks

EARLY SENSITIVE PERIOD

Key time in development of your pup's body, brain and nervous systems.

8 to 16 weeks

LATE SENSITIVE PERIOD

One of the most important times in your pup's life for body, brain, nervous systems and social skill development.

17 weeks to 6 months

JUVENILE PERIOD

Your pup's brain and body are still evolving although brain development slows and growth increases during this period.

6 months to growth plate closure

ADOLESCENCE

Your pup is a teenager so its brain and body are undergoing many changes. Now is the time to start strength training but avoid endurance training.

after growth plate closure

YOUNG ADULthood

Your pup is a dog now and can begin adult fitness training, including endurance training.

A NOTE ABOUT GROWTH PLATES

Growth plates are areas of active, new bone growth near the ends of bones. They're made up of cartilage, a rubbery, flexible material. When pups are finished growing, the growth plates harden into solid bone. The growth plates of intact dogs of all sizes and breeds have closed by about 14 months of age while those of spayed or neutered dogs don't close until 18 to 22 months, depending upon how early the dog was spayed or neutered and the dog's adult size. Wait until the appropriate age before starting young adulthood exercises. If you are unsure whether your pup's growth plates have closed, have your vet x-ray your pup's stifle joint since the tibial tuberosity is one of the last growth plates to close.

TYPES OF EXERCISE

There are many different types of exercise. Some, like balance and proprioception (body awareness), skill training, and *Good for the Soul* exercises, are great for pups of any age.



BALANCE & PROPRIOCEPTION

Purpose: To teach your puppy where its body parts are in space. These exercises help prepare your puppy's body for all kinds of different movements. They will polish your pup's performance and help prevent injuries.



SKILL TRAINING

Purpose: To introduce the life skills that your puppy will need in an age-appropriate order. Some are simple good citizen exercises such as sit, stand, and stay. Others are complex performance events such as dog agility, obedience, or nosework. Your goal is to introduce the puppy to its future life without risking stress or injury in your growing puppy.




GOOD FOR THE SOUL

Purpose: For you and your dog to share time together in the outdoors, enjoying nature and strengthening their bond. These exercises allow dogs to be dogs in the best sense of that term, exploring their world through scent, sight, touch and free movement.

TYPES OF EXERCISE

Other exercises, like flexibility, stretching, and strength training can be incorporated as puppies develop. And a few, like endurance exercises, are best left until your puppy's body has matured into its adult shape and size.




STRENGTH

Purpose: To build your pup's muscle strength, which improves performance and reduces the risk of injuries. Strength exercises are generally targeted to the muscles of the front legs, core, or rear legs, and ideally involve minimal concussive impact on the puppy's growing body.



FLEXIBILITY & STRETCHING

Purpose: To prepare your pup to reap the greatest benefits from any physical activity, especially when performed as a component of a warm-up or cool-down protocol.



ENDURANCE

Purpose: To build aerobic capacity for dogs that will be exercising continuously over long periods of time. Endurance activities for dogs include jogging or biking with people, as well as mushing, herding and field trials. You should do NO endurance activities with your puppy until it is well into young adulthood.



WARMING UP YOUR PUPPY

1. First, walk and then trot your pup for a minute or two.
2. Play actively with your pup (tugging, on-leash short retrieves, etc.).
3. Encourage your pup to perform active stretches of the front legs, core and rear legs. (For examples of safe, effective warm-up exercises, see *Fit For Life™*.)

WHEN IS YOUR PUP WARMED UP?

He or she will be open-mouthed breathing or panting slightly.



COOLING DOWN YOUR PUPPY

1. First, trot and then walk your pup for a minute or two.
2. Pet your pup quietly as she/he begins to settle.
3. Spend time together, even if just 5 minutes. Puppies should not be confined immediately after exercising.



WHEN IS YOUR PUP COOLED DOWN?

His/her breath will slow
down substantially.



EARLY SENSITIVE PERIOD EXERCISES (3 TO 7 WEEKS OF AGE)

From 3-7 weeks of age is a key time in development of a pup's body, brain and nervous system.



BALANCE & PROPRIOCEPTION

Introduce pups to:

- Playing on a variety of surfaces, such as tile, carpet, wood
- Playing on uneven surfaces
- Gentle handling and grooming
- Playing in a kid's pool full of empty plastic water bottles
- Short outdoor experiences
- Low play equipment such as children's slides and foam climbing blocks
- Safe, human exercise equipment such as balance boards, discs and wobble cushions
- For equipment links, go to <https://www.amazon.com/shop/avidogintl>



SKILL TRAINING

Use puppy pens enriched with toys and games, and indoor and outdoor play areas, as well as socialization experiences to teach pups:

- How to learn
- How to play with other puppies and people
- About the world



EARLY SENSITIVE PERIOD EXERCISES (3 TO 7 WEEKS OF AGE)

Breeders can design puppy play pens and provide experiences to introduce these exercises.



GOOD FOR THE SOUL

Starting at 5 weeks of age, take a pup or the entire litter on an *Adventure Walk** with their mom or other pup-friendly family dogs. These walks should be off-leash in areas rarely frequented by off-leash dogs. Start with 5 to 15 minutes at the pups' pace. Ideally, the pups encounter small terrain changes, like hills, fields, trails and even a shallow stream on these walks.



FLEXIBILITY & STRETCHING

STRENGTH

ENDURANCE

NO flexibility, stretching, strength or endurance exercises are appropriate for Early Sensitive Period puppies.

* Exercises in italics are part of the *Fit For Life*™ Puppy exercise program—see pp 20-25.

LATE SENSITIVE PERIOD EXERCISES (8 TO 16 WEEKS)

Your pup's brain, nervous system and body are rapidly developing, along with its social skills. Exercise and socialization are essential but use locations with few other dogs until your pup's titer shows it is protected against parvovirus and distemper.



BALANCE & PROPRIOCEPTION

Several times a week:

- Have playtime on low puppy agility or parkour equipment
- Introduce the *Fit For Life™* balance exercises, like *Wobble Board ** and *Ladder Work*
- Take walks over changes in surfaces, such as grass, sand, gravel and pavement
- Go on *Adventure Walks*



SKILL TRAINING

- Continue to teach your pup:
 - How to learn
 - How to play with other puppies and people
 - About the world
- Canine Good Citizen™ exercises such as Walk Nicely on Leash, Sit, Stand, Down and Come
- Trick training
- Agility ground work

A NOTE ABOUT WALKS

On-leash walks on short leashes (less than 10 feet) are training, not exercise. In addition, they often teach puppies to pull on leash. Frequently puppies and young dogs find them boring and some refuse to participate by sitting or lying down. If you must use on-leash walks for exercise, seek out places your pup finds interesting to explore together and use a long leash so the pup can move at its own pace.

* Exercises in italics are part of the *Fit For Life™* Puppy exercise program—see pp 20-25.

LATE SENSITIVE PERIOD EXERCISES (8 TO 16 WEEKS)

In addition to exploring physically challenging but safe environments, it's time to start teaching fitness exercises to your pup.



FLEXIBILITY & STRETCHING

Start teaching your pup active stretches. Active stretches are those in which the dog actively participates in the exercise and are safer and more effective than passive stretches. Examples of active stretches can be found on page 20. Do:

- *Downward Dog*
- *Cat Pose*



GOOD FOR THE SOUL

- Take *Adventure Walks* ideally off-leash or on a loose longline, of 15 to 30 minutes at the pup's pace, including terrain changes like hills, ditches, streams and logs.
- Gently introduce short, 5-minute wading sessions.



STRENGTH

ENDURANCE

NO strength or endurance exercises are appropriate for Late Sensitive Period puppies.



JUVENILE PERIOD EXERCISES (17 WEEKS TO 6 MONTHS)

The Juvenile Period, between the Sensitive Period and Adolescence, is a time of increasing independence and exploration.



BALANCE & PROPRIOCEPTION

Several times a week:

- Take *Adventure Walks** per this period's *Good for the Soul* guidance
- Practice walking forward and backward over changes in surfaces, such as grass, sand, gravel & pavement
- Continue playtime on low puppy agility, parkour, and human fitness equipment, like balance discs.
- Add two more *Fit For Life™ Puppy* balance and proprioception exercises from p. 21, such as:
 - *Walk the Plank*
 - *Truckin' Dog*



FLEXIBILITY & STRETCHING

Continue teaching your pup more active stretches. Your stretching routine might include:

- *Downward Dog*
- *Cat Pose*
- *Crescent Moon*

* Exercises in italics are part of the *Fit For Life™ Puppy* exercise program—see pp 20-25.

JUVENILE PERIOD EXERCISES (17 WEEKS TO 6 MONTHS)

Keep focusing on your pup's physical fitness but know that your pup's brain development slows during this period so be patient.



SKILL TRAINING

- Canine Good Citizen™ exercises such as Sit, Stand, Down and Come
- Trick training
- Teach beginning skills like:
 - Agility ground work
 - Jump training up to wrist height
 - Learning to retrieve



GOOD FOR THE SOUL

- Work up to 45 to 60 minute *Adventure Walks* at your pup's pace, ideally off-leash or on a loose longline. Include larger terrain changes like hills, ditches, streams and logs.
- *Swimming* and wading for 5 to 10 minutes at a time.



STRENGTH

ENDURANCE

NO strength or endurance exercises are appropriate for Juvenile Period puppies.



ADOLESCENCE PERIOD EXERCISES (6 MONTHS TO GROWTH PLATE CLOSURE)

Your pup is a teenager so its brain and body are undergoing many changes.



BALANCE & PROPRIOCEPTION

Several times a week:

- Take *Adventure Walks** per this period's *Good for the Soul* guidance
- Work on all *Fit For Life™ Puppy* balance and proprioception exercises:
 - *Wobble Boards*
 - *Ladder Work*
 - *Walk the Plank*
 - *Truckin' Dog*
 - *Pick-Up Sticks*



SKILL TRAINING

- Advanced Canine Good Citizen™ exercises
- Jump training at or below elbow height
- Heads-up heeling in moderation
- Longer retrieves
- Trick training



FLEXIBILITY & STRETCHING

Continue with active stretching, such as

- *Downward Dog*
- *Cat Pose*
- *Crescent Moon*

* Exercises in italics are part of the *Fit For Life™ Puppy* exercise program—see pp 20-25.

ADOLESCENCE PERIOD EXERCISES (6 MONTHS TO GROWTH PLATE CLOSURE)

Now is the time to start strength training, but avoid endurance training.



STRENGTH

Begin teaching core, front, and rear leg strength exercises, from pp 22-25, such as:

- *Rocket Dog 1 & 2*
- *Wave and High 9s*
- *Front Feet Perched and Rear Foot Targeting.*



GOOD FOR THE SOUL

- Take *Adventure Walks*, ideally off-leash or on a loose longline, of 45 to 60 minutes at your pup's pace, including larger terrain changes like hills, ditches, streams and logs.
- *Swimming* and wading for 10 to 15 minutes at a time.



ENDURANCE

These exercises are not appropriate for puppies at this age.



YOUNG ADULT PERIOD EXERCISES (AFTER GROWTH PLATE CLOSURE)

Your pup is a dog now and can begin adult fitness training, including endurance training.



BALANCE & PROPRIOCEPTION

Several times a week:

- Take *Adventure Walks** per this period's *Good for the Soul* guidance
- Continue with
 - *Wobble Boards*
 - *Ladder Work*
 - *Walk the Plank*
 - *Truckin' Dog*
 - *Pick-Up Sticks*



SKILL TRAINING

- Advanced Canine Good Citizen™ exercises
- Jump training above elbow height
- Begin weave pole training



FLEXIBILITY & STRETCHING

Do active stretching regularly, such as

- *Downward Dog*
- *Cat Pose*
- *Crescent Moon*

* Exercises in italics are part of the *Fit For Life™* Puppy exercise program—see pp 20-25.

YOUNG ADULT PERIOD EXERCISES (AFTER GROWTH PLATE CLOSURE)

Your dog's body is still changing its shape and proportions so try to provide moderate exercise frequently rather than large amounts of exercise all at one time.



STRENGTH

Continue to advance core, front and rear leg strength exercises, such as:

- *Roll Over and Crawling.*
- *Front Leg Lifts and Rear Legs Perched.*
- *Rear Foot Targeting and Rear Leg Lifts.*



GOOD FOR THE SOUL

- Take *Adventure Walks*, ideally off-leash or on a loose longline, at the dog's pace, including all safe terrain, for an hour or more.
- Hike for several hours, depending upon weather.
- *Swimming* and wading for 10 to 15 minutes at a time.



ENDURANCE

Begin endurance training, starting slowly and building gradually

- Trotting continuously for at least 20 min no more than every other day
- *Swimming* continuously for at least 5 min



FIT FOR LIFE™ EXERCISES



GOOD FOR THE SOUL EXERCISES

Despite their light-hearted name, Good for the Soul exercises are essential to the development of your puppy's brain and body.

ADVENTURE WALKS



Liz Merenda, Apparition poodles

▲ Walks either off leash or on a longline over varied terrain at the puppy's pace.

SWIMMING



www.bimbergfuriosoboxers.com

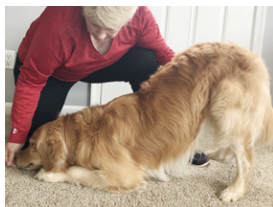
▲ Play in safe, clean water, including wading and swimming.



FLEXIBILITY AND STRETCHING EXERCISES

When performed as a component of warming up and cooling down, these exercises help prepare your pup to reap the greatest benefit with the least risk from any physical activity. Do them slowly and have your dog hold each pose for 5 to 10 seconds.

DOWNWARD DOG



Hover Solutions, LLC

▲ A play bow to extend the spine.

CAT POSE



Hover Solutions, LLC

▲ A hunched posture to flex the spine.

CRESCENT MOON



Hover Solutions, LLC

▲ A sideways bend to flex the spine laterally.

Want to find out more about how to do these exercises? Check out www.avidogzink.com/free-puppy-videos

FIT FOR LIFE™ EXERCISES

BALANCE AND PROPRIOCEPTION EXERCISES



These exercises help prepare your puppy to know where its body parts are in space. They help prepare a puppy body for all kinds of different movements. They reduce the risk of injury and improve your pup's coordination and performance.

WOBBLE BOARD



Chris Zink

- ▲ Teach your dog to balance its front, rear or all feet on an unstable surface, like a wobble board.

TRUCKIN' DOG



Hover Solutions, LLC

- ▲ Teach your dog to walk backwards over different surfaces and up and down hills.

LADDER WORK



Marcy Burke

- ▲ Teach your dog foot placement by having it step slowly through the rungs of a ladder placed on the ground.

WALK THE PLANK



Hover Solutions, LLC

- ▲ Teach your dog to know where its feet are by walking over a narrow, slightly elevated surface like gymnasts do on the balance beam.

PICK-UP STICKS



Marcy Burke

- ◀ Teach your dog to lift and place its feet among randomly arranged poles on the ground.



FIT FOR LIFE™ EXERCISES



CORE STRENGTH EXERCISES

These exercises build your pup's important core muscle strength to improve performance and reduce the risk of injuries.

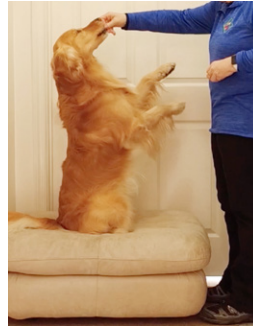
ROCKET DOG 1



Hover Solutions, LLC

▲ Teach your dog to sit up and remained balanced on its haunches.

ROCKET DOG 2



Hover Solutions, LLC

▲ Build on Rocket Dog 1 by making it a little more difficult for your dog to stay upright.

ROLL OVER



Chris Zink

▲ Teach your dog to lie down, roll onto its back and return to front all in one continuous motion. Go both ways.

SIT STAND SIT



Hover Solutions, LLC

▲ Teach your dog to move between the sit and stand positions with the front feet slightly elevated and remaining stationary.

Want to find out more about how to do these exercises? Check out www.avidogzink.com/free-puppy-videos

FIT FOR LIFE™ EXERCISES

MORE CORE STRENGTH EXERCISES



These exercises build your pup's important core muscle strength to improve performance and reduce the risk of injuries.

STAND DOWN STAND



Hover Solutions, LLC

- ▲ Teach your dog to move from a stand to a down and back without moving its feet.

ONE SIDE LEG LIFTS



Hover Solutions, LLC

- ▲ Lift your dog's front and rear legs on the same side of its body so that its weight shifts to the other side. Be sure to do this on both sides.

DIAGONAL LEG LIFTS



Hover Solutions, LLC

- ▲ Lift and hold the diagonal front and rear legs so your dog uses its core to support its weight. Be sure to do this on both sides.

CRAWLING



Marcy Burke

- ▲ Teach your dog to belly crawl, lifting its belly a few inches above the ground.

WALKING A PEANUT BALL



Marcy Burke

- ◀ Teach your dog to roll a peanut-shaped ball with its front feet on the ball and its rear feet on the ground.



FIT FOR LIFE™ EXERCISES



REAR LEG STRENGTH EXERCISES

These exercises safely build your pup's rear muscle strength to improve performance and reduce the risk of injuries.

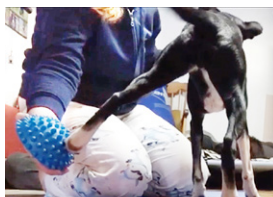
FRONT FEET PERCHED



Marcy Burke

- ▲ Teach your pup to circle a slightly elevated object on which its front feet are perched. Be sure to do this in both directions.

REAR FOOT TARGETING



Mélanie Gagnon

- ▲ Teach your dog to tap a small object with each rear foot individually.

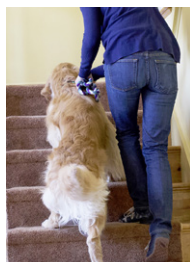
STRETCHING UP STAIRS



Hover Solutions, LLC

- ▲ Have your dog stand with its front feet on a step while stretching up and forward.

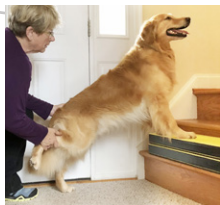
WALK UP STAIRS SLOWLY



Marcy Burke

- ▲ Walk your dog very slowly up a flight of stairs so your dog's rear feet alternate steps.

REAR LEG LIFTS



Hover Solutions, LLC

- ◀ Lift and hold one rear leg for an extended period while your dog is standing with its front slightly elevated. Do both rear legs.

Want to find out more about how to do these exercises? Check out www.avidogzink.com/free-puppy-videos

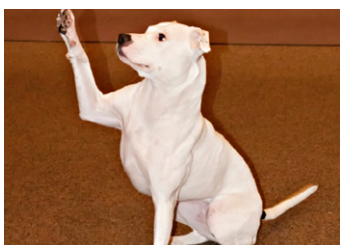
FIT FOR LIFE™ EXERCISES

FRONT LEG STRENGTH EXERCISES



These exercises safely build your pup's front muscle strength to improve performance and reduce the risk of injuries.

WAVE



Chris Zink

- ▲ Teach your dog to wave by lifting and holding one front paw above its head on its own. Switch legs.

REAR FEET PERCHED



Marcy Burke

- ▲ Teach your pup to circle a slightly elevated object on which its rear feet are perched. Be sure to go both directions.

FRONT LEG LIFTS



Marcy Burke

- ▲ Lift and hold one front leg for an extended period while your dog stands still. Switch legs.

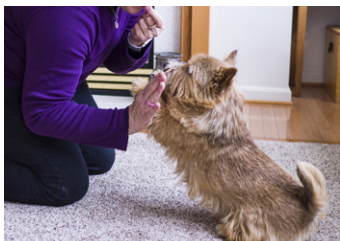
DIGGING



Marcy Burke

- ▲ Teach your dog to dig for a treat in loose soil or sand while balancing on its rear legs.

HIGH 9S



Hover Solutions, LLC

- ◀ Teach your dog to tap your hand at various points in front of its body. Swap legs.



PUPPY EXERCISE TIPS

REMEMBER, DON'T DO STRENGTH OR ENDURANCE EXERCISES BEFORE 6 MONTHS OF AGE.

WORK ONE OR TWO CATEGORIES OF EXERCISES EACH DAY.

USE LOTS OF TREATS AND TOYS!

BE HAPPY! PRAISE IS AT THE CORE OF YOUR LIFELONG RELATIONSHIP.

PRACTISE THESE EXERCISES WHERE YOUR DOG WILL EXPERIENCE THE SIGHTS/SCENTS & SOUNDS OF LIFE.

YOU DON'T NEED TO BE PERFECT! JUST DO SOMETHING/ANYTHING EVERY DAY!

WHEN STRENGTH TRAINING, WORK YOU PUP UNTIL IT'S JUST A BIT TIRED, BUT KEEP THE TRAINING FUN.

WANT MORE FITNESS RESOURCES?

For free exercise videos, links to the gear we recommend in this book and the references we mention, and coupons for more fitness programs, go to www.avidogzink.com/free-puppy-videos

- Free exercise videos
- Exercise gear for your pup
- Coupons and info on Fit For Life Puppy and Adult
- Scientific references



WE ALL KNOW THAT A TIRED PUPPY IS A GOOD PUPPY BUT...

What exercises can your puppy safely do? When can you walk, jog or hike with your puppy? To help you find the right answers, leading sports medicine specialist, Dr. Chris Zink, and AKC Breeder of the Year, Dr. Gayle Watkins, created *Fit For Life™ Puppy*, the fitness guidelines that lay out the activities and exercises puppies should and shouldn't do from 3 weeks of age until after their growth plates have closed.

- *Fit For Life™ Puppy* is perfect! I want to do fun activities with my new puppy but worry what is safe and appropriate. And it's nice to see how how my puppy will advance her skills in the future. Thank you for this guidance.

~Linda S.

- *Fit For Life™ Puppy* is a fabulous, simple guide. It gave me the correct information I needed to help me navigate safely through those really formative months.

~Gina O.

- My canine chiropractor goes into rapture over my puppy's perfect muscular development. She exhibits great proprioception and strength that I would not think possible for a pup of her age and breed because of *Fit For Life™ Puppy*.

~Cynthia B.



CHRIS ZINK DVM PhD DACVSMR is one of the world's top canine sports medicine and rehabilitation veterinarians. She has helped thousands of dogs and their owners identify, diagnose and treat injuries. Chris has put over 135 titles on her dogs and remains an active competitor in an array of dog sports with Hobby, her golden retriever, and Helix, her Norwich terrier.



GAYLE WATKINS PhD is a leader in the field of dog breeder education and is a longtime golden retriever breeder with 130 American and Canadian conformation and performance champions. She has been selected as an AKC Sport Breeder of the Year three times. Gayle is also a longtime competitor with over 100 titles in many sports.


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