

Team Up for Dog Weight Loss

Partner with your overweight dog in the fight against fat.

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Controlling weight and getting sufficient exercise are important not only for you, but also for your dog. Obesity is one of the most common canine health problems, and according to the U.S. Census Bureau's Census 2000, nearly two-thirds of U.S. adults weigh too much. If you think both you and your dog could stand to improve your health, work together toward the common goal of getting fit. Try one of the following activities and reap the extra rewards of a closer bond between the two of you!

Take a Hike Get outdoors in the fresh air, and clear your mind while your dog relishes in the many scents and sights that lay around the bend, such as a brook to wade in or a fallen tree to sniff. You'll lower your cholesterol, according to the American Hiking Society, and burn calories. The American Heart Association says a person weighing 150 pounds walking at a rate of 2 mph will burn 240 calories an hour. So, you and your dog can shed pounds along the trail.

Get Agile Dog agility can bring out the athlete in both of you. Your dog jumps over hurdles, runs through tunnels, and weaves through poles on the course while you run alongside, coaching your dog through the various obstacles. Scoring and testing play a huge role in dog agility competitions, but you don't have to compete to get involved. You can also do it at home on your own terms without any pressure. While providing a fun way to exercise, agility training can help you and your dog manage your weight. **Take a Dip** Swimming provides low impact, easy-on-the-joints exercise for dogs and owners. Swimming works many muscles at the same time, strengthening you and your dog's physique. If your dog hasn't been around water much, do assess first whether he likes the water and can safely enjoy it not all dogs are natural swimmers.