

## Dog Walks Keep Owners Fit

### **Study shows that dog owners get more exercise than other people.**

Regularly taking the dog for a walk provides more exercise for dog owners than other city dwellers without canine pets, a study shows.

Researchers surveyed men and women in the Victoria, British Columbia area of Canada and found that dog owners spent more time in mild or moderate physical activities. Dog owners walked an average of 300 minutes per week, while others walked an average of 168 minutes per week.

The study was published in the February issue of American Journal of Preventive Medicine.

While acquiring a dog could be beneficial for peoples health, the studys authors are making it clear that dogs should not be considered the latest fitness solution.

Were definitely not saying, Everyone go out and get a dog, said lead researcher Shane Brown, a physical education instructor at the University of Victoria. We are saying that for those of us who have dogs or those who are thinking of getting a dog, this is an added benefit.

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