

## Puppy Training: Go for a Walk

**Learn how to make puppy training fun.**

*Cal Orey*

**Go for a Walk:** Walking is a good aerobic exercise for all breeds and is easy for dogs and owners of all ages.

**The Gain:** It burns off fat, reduces stress, boosts energy and fosters a sense of well-being for both you and your pup. Try going to a new neighborhood, says Dr. Hunthausen. "It's really stimulating because there are new smells and new sights."

**The Pain:** If your pup has not been trained to walk on a leash, this exercise together can be a real drag, literally. Go back to Tip No. 2 and learn how to take your dog for a walk, not vice versa! Also, if you're going to new environments, know beforehand what the dangers are: Are there aggressive dogs or wild animals? What are the leash laws?

**Cost Factor:** No charge.

**Extra Tidbits:** According to the American Animal Hospital Association's "2000 National Survey of People and Pet Relationships," which polled 1,189 pet owners, 79 percent provide daily exercise for their pets.

**Next Step:** Go to the Park

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