

# Best Exercises Tips Dogs

## Walking



How long should I be walking my dog?

Dogs under 25 lbs  
(over 10 mo. of age)

Dogs over 25 lbs  
(over 10 mo. of age)

- At least 2 walks a day
- At least 25-30 min/walk
- At least 2 walks a day
- At least 30-60 min/walk

Puppies should follow the following equation for length of walks:  
age in months X 5 min = length of time a puppy should be on a walk

Examples:

2 months = 10 min

3 months = 15 min

4 months = 20 min

You may need to keep walks short but offer them more frequently throughout the day.

HOWTOTRAINADREAMDOG.COM

## Swimming



### Safety Tips for Taking Dogs Swimming

- Even if your dog is a stellar swimmer 100% supervision at all times
- Provide your dog with a properly fitted life jacket
- Some dogs are not designed for swimming and can easily drown
- Give your dog rest time or they can easily become overheated (they will not know enough to come out of the water and rest on their own)

### Tips for Fetch

- You may need to start this game inside or on a leash (if your dog isn't a natural fetcher)
- Use a high-value toy; reward when they pick it up or bring it to you
- Don't chase your dog down trying to get them to bring it to you
- Call their name and run in the opposite direction; try getting them to chase after you with the object in their mouth

## Fetch

