



January Is Walk Your Dog Month

Walking is healthy for you and your dog. It's mentally stimulating and will strengthen your human-animal bond — plus, if your dog is overweight or obese, it can be a great way to shed those extra pounds.



- 1 Consult your veterinarian.** Make sure your dog is healthy enough for the exercise you plan.
- 2 Train your dog to behave on a leash.** Obey leash laws and make sure he or she knows you are in control.
- 3 Begin with short, frequent walks, and let your dog rest as needed.** Try to do it at least three times a day, every day.
- 4 Allow your dogs to sniff as he or she wants.**
- 5 During warm weather, avoid walking during the hottest parts of the day.** If it is hot, take water and a portable bowl so your dog can take a drink as needed. On very cold days, make sure your dog can tolerate cold, and avoid roadways and walkways that have been treated with “salt.” When you come inside, thoroughly dry your pet’s feet and coat.
- 6 Walk on safe footing to avoid falls and injuries.** Avoid deep sand because it can cause fatigue and injuries. On hot days, remember that asphalt can burn a dog’s paws. Do not walk on any frozen waterways like ponds and lakes, as the ice may not be thick enough to support your pet’s (and your) weight.
- 7 Allow time for a cool-down and recovery afterwards.**
- 8 Don't forget to always pick up after your dog!**