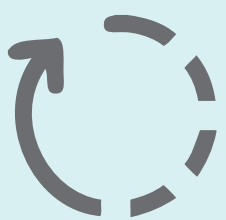


VBSPCA

RUNNING WITH YOUR DOG KEEP EXERCISE SAFE & FUN

Dogs can make great running buddies, and there are several benefits to logging your miles together. It's a great way to bond with your canine companion, and they will enjoy getting some exercise outside. Running can also ward off obesity and heart disease in your pet as well as help boost their confidence, which is vital to their mental health.



Start Slow

Like humans, dogs need to gradually work up to running longer distances. You can begin by introducing short intervals of running during your usual walks.



Get the Right Gear

A harness and leash will prevent your pet's neck from being yanked if they get excited and try to run ahead. Short leashes that connect to a belt can also provide a smooth run for both you and your pup.



Consider the Conditions

Running in heat could not only cause your pet to overheat, but they could burn their paws on hot pavement or sand. Additionally, long distances on hard surfaces could be tough on their paws no matter the weather.



Put Your Pup First

If your dog needs to stop to rest or is unable to keep up with you either in distance or mileage, do not force them to keep going. You can always run a short distance with your dog, then drop them off at home before finishing your scheduled miles for the day. It is also important to make sure they are hydrated, especially in the summer months.



It is important to note that not every dog is a suitable running buddy. In fact, running can be dangerous for brachycephalic breeds, or flat-faced breeds, such as Pugs, Boxers, Shih-Tzus, and Bulldogs. To learn more visit, vbspca.com/pet-care-resources.