# **OUR DOG'S MONTHLY EXERCISE PLANNER**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



# A tired dog is a happy dog!

Besides minimum of 30 minutes of physical exercise a day, your dog requires mental stimulation. Pick a game from the list and mark it to the calendar above together with the family member's name who is to do the task with the dog. This keeps everyone organised and your dog healthy, active and happy!

Note: Every dog is different so you should tailor your dog's exercise program to your dog's breed, size, health status, age and personality.

- 1. Find It
- 2. Tug of war
- 3. Chase
- 4. Fetch
- 5. Chase the water
- 6. Stairway dash
- 7. Hide-and-seek
- 8. Under, over and through

- 9. Playing tag
- 10. Find a treat in my hand
- 11. Find treats in tub
- 12. Doggie play date
- 13. Come when called
- 14. Jumping game
- 15. Master the basics
- **16.** The Shell game



# 1. FIND IT

A treasure hunt for your dog. But instead of gold and jewels, hide your dog's favourite toys or treats.

Hide items in relatively obvious places, so that they're still partially visible (such as behind doors, under tables or tucked into their bed). When the scene is set, get your dog and say 'Find it!' Encourage your dog to explore (perhaps with a few pointers from you) and reward them whenever a hidden treasure is discovered. Keep challenging your dog's skills as they improve by choosing increasingly more difficult hiding spots.

### 2. TUG OF WAR

Be top dog in a game of tug. Play by the rules and teach your dog good manners.

Give your dog permission to play by offering a tug toy and saying 'Take it'. To teach your dog that you control the game, stop moving the toy and say 'Drop it'. Make this command more enticing by placing a treat under your dog's nose. Once your dog obeys, they get the treat. To retain your top dog status, never let your dog 'win' by letting them keep the toy.

# 3. CHASE

Dogs love taking chase. Make the game even more fun by having your dog run after one of their toys.

Tie your dog's favourite toy to a sturdy rope, attaching the other end of rope to a stick. Holding the stick, drag the toy on the ground or twirl in the air, letting your dog chase it. Alternatively, you could pop a squeaky toy in a sock and tie the sock to a stick. Be sure to retain an element of fun by occasionally letting your dog 'catch' the toy.

# 4. FETCH

A game which teaches obedience. Slowly build your dog's retrieval skills, until they can successfully fetch across longer distances.

With your dog holding a toy, take a few steps away, and call your dog. Teach your dog to release the toy by saying 'Drop'. Gradually start throwing the toy further away. If your dog doesn't retrieve the toy, try throwing another toy in the opposite direction so they run back towards you. Or if your dog runs off with toys, try attaching a rope and drawing the toy back in.

### 5. CHASE THE WATER

Many dogs love water. Have your dog chase water when it's hot or to make bath time fun.

Use your hose to provide your dog with some easy backyard entertainment. Adjust your hose to produce a solid stream of water and start hosing the ground a few metres away from your dog. Start rapidly moving the stream of water back and forth along the ground. Once your dog takes chase, begin shifting the water further away and making larger, more erratic movements to hold your dog's interest.

# 6. STAIRWAY DASH

Indoor exercise need never be boring. Get your dog stair running for a fun and intense poochy workout.

With your dog at the bottom of the stairs in a sit-stay, throw a toy onto the top landing. Build excitement by saying 'Ready ... set ...', releasing your dog only when you say 'GO!' To reduce the risk of injury, encourage your dog to come back down slowly. Game not suitable for young pups and elderly dogs.

# 7. HIDE-AND-SEEK

A doggy version of hot-and-cold. Increase the fun by showing your dog what you're going to hide first.

Once you've hidden an item, let your dog into the hide-and-seek zone. Encourage your dog whenever they get close to the hidden object. You could also walk towards the hiding place until your dog better understands the game. When the hidden item is discovered, reward with praise. As your dog's 'hunting' skills improve, continue to increase the challenge by using more creative hiding spots.

### 8. OVER. UNDER AND THROUGH

Set up an indoor obstacle course using a low chair. Give your dog's body and mind an entertaining workout.

Encourage your dog to jump over a low chair by enticing them with a treat. Repeat using the command 'Over'. In a different session, hold a treat under the chair, encouraging your dog to crawl under, using the command 'Under'. Finally, teach your dog to go around (or 'through') by having your dog follow a treat around the outside of a chair. Start trying different command combinations to increase the challenge.

# **YOUR NOTES & IDEAS**







# 9. PLAYING TAG

Your dog is 'it'. Play time becomes fun and educational with this dog-friendly version of call and respond.

Have you and a friend grab a handful of dog treats and stand across the room from each other. One person gives the command to come, and when your dog responds, give a reward. Keep repeating the exercise, moving further and further away from your friend to increase the challenge. Once your dog has mastered this game, try playing with 3 or 4 people in different rooms and enjoy the scramble!

### 10. FIND A TREAT IN MY HAND

Dogs have an excellent sense of smell. Build on this by having your dog guess which hand contains a treat.

Let your dog see you put a treat in your hand, then with both hands behind your back, swap the treat back and forth a few times. With both fists closed, bring your hands back in front and hold them level with your dog's nose. See if your dog can correctly guess the treat-laden hand with a push of their nose or tap of their paw.

# 11. FIND TREATS IN TUB

A toy basket rummage. Mix some food treats in with your dog's toys and let your dog hunt them down.

A really simple way to keep your dog happily entertained is by incorporating food treats into an activity. Place all of your dog's toys in a basket or tub, along with a handful of dry treats. Mix up the toys and treats thoroughly so the treats are randomly scattered throughout. Then let your dog begin the search and see how quickly they find their reward.

# 12. DOGGIE PLAY DATE

Everyone needs friends. Make a doggy play date or visit a local dog park for some fun doggy social time.

Sure, dogs love spending time with their human friends, but they also understandably love hanging out with their own kind. Host a doggy play date at your place, or spend some time at a local dog park or off-leash beach and let your dog enjoy a doggy good time.

# 13. COME WHEN CALLED

Develop your dog's patience with play. Challenge your dog to sit, stay and come, even from a distance.

Have your dog in a sit-stay, move a short distance away and wait a minute or two until you call your dog to come. When your dog obeys, reward with a treat and praise. Keep repeating the exercise, gradually increasing the distance you move away from your dog, and the length of time you make your dog wait.

# 14. JUMPING GAME

Is your dog part-kangaroo? Harness your dog's love of jumping by teaching them to jump over different objects.

Start with your dog on a leash and encourage them to walk over a low stick or broom pole by enticing with a treat. Keep repeating, raising the stick a little higher each time. Be sure to move your dog back further as the stick lifts higher, to allow space for a running start. After succeeding with a stick, try getting your dog to jump through a hula-hoop.

# 15. MASTER THE BASICS

Training isn't just for pups. Continue to revise and expand your dog's knowledge of commands to keep them engaged.

All dogs should have a great working knowledge of sit, down, stay, heel, drop it and come. But your dog's education should continue to grow, with fun commands such as high five, shake, roll over, beg, catch, and speak (barking on command). Keep training sessions under 10 minutes and always finish on a positive note.

# 16. THE SHELL GAME

Test your dog's observation skills. Place a treat under a cup and challenge your dog to guess where it is.

Place three plastic opaque cups upside down. With your dog watching, place a treat under one cup. Let your dog turn over the cup and take the treat. Keep repeating so your dog understands the activity, before increasing the challenge. Alternate which cup the treat is under or switch the cups around. Every time your dog chooses correctly, they get the treat.

# **YOUR NOTES & IDEAS**

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