

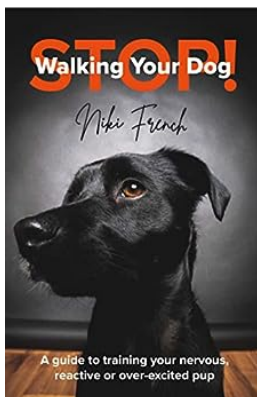
Stop Walking Your Dog: Discover the Astonishing Reason Why It's Not the Best Exercise

Walking your dog is a familiar scene in every neighborhood. It seems like the most natural and beneficial form of exercise for our furry friends. But what if I told you that there's an astonishing reason why you should stop walking your dog?

For years, dog owners have been led to believe that walking is the ultimate exercise for their pets. Although it has its benefits, recent studies suggest that there are far better alternatives for keeping our dogs fit and healthy.

The Limits of Walking

Walking is undoubtedly a great way to bond with your dog and provide them with some physical activity. However, when it comes to meeting their exercise needs, walking falls short.



Stop Walking Your Dog: A Guide to Training Your Nervous, Reactive, or Over-Excited Pup

by Niki French (Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English

File size : 4916 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Lending : Enabled

Screen Reader : Supported

Print length : 227 pages



Think about it - dogs are natural-born runners. Their ancestors, wolves, cover long distances every day. Domestic dogs, on the other hand, are often confined to our yards or small living spaces. Walking simply doesn't provide them with the amount of exercise their bodies are built for.

Moreover, walking on a leash restricts your dog's movement and prevents them from exploring their environment fully. Dogs thrive when they have the freedom to run, smell, and engage all their senses. By limiting their range, we are denying them a crucial aspect of their well-being.

The Health Benefits of Alternatives

So, if walking isn't the most effective way to exercise our dogs, what is? The answer lies in alternative forms of physical activity that can truly tap into their natural instincts.

1. Off-Leash Playtime

One of the best ways to ensure your dog receives adequate exercise is to provide them with off-leash playtime. Whether it's in a dog park, a spacious backyard, or an open field, allowing your dog to run freely will promote their physical and mental health.

Off-leash playtime allows your dog to interact with other dogs, which is essential for their socialization skills. It also allows them to engage in various activities like chasing, fetching, and exploring their surroundings.

To ensure their safety, always supervise your dog during off-leash playtime and make sure they have proper recall training. This way, they can enjoy the freedom of running while still being under your control.

2. Canine Sports

If you're looking for a more structured and mentally stimulating alternative to walking, consider engaging your dog in canine sports. These sports not only provide physical exercise but also challenge your dog's brain, enhancing their overall well-being.

Dog sports like agility, flyball, and obedience training are not only great for keeping your dog fit, but they also strengthen the bond between the two of you. These activities often involve problem-solving and teamwork, which can boost your dog's confidence and their ability to understand and execute commands.

3. Swimming

Swimming is a fantastic low-impact exercise for dogs of all ages and sizes. It's especially beneficial for breeds prone to joint problems or those recovering from injuries. The buoyancy of water prevents stress on their joints while providing a full-body workout.

Whether it's in a swimming pool, lake, or the ocean, swimming allows your dog to cool down during hot summer months while engaging their muscles. It's also a brilliant way to keep them mentally stimulated, as they need to navigate through the water and explore new surroundings.

Walking in Moderation

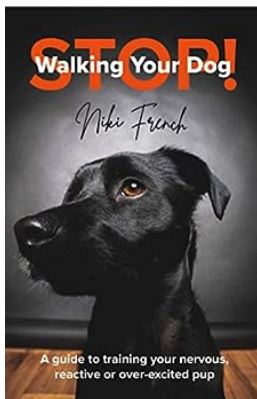
While walking may not be the ideal exercise for dogs, it still holds value in certain situations. For older dogs or those with physical limitations, a leisurely stroll can provide mental stimulation and maintain muscle tone. Additionally, short walks can be a great opportunity for them to enjoy their surroundings and relieve themselves.

However, it's essential to remember that walking alone is not enough to meet the exercise requirements of most dogs. Therefore, incorporating alternative activities into your routine is crucial for their overall well-being.

Walking our dogs has been deeply ingrained in our routines as the go-to form of exercise. However, it's time to reimagine how we keep our furry friends fit and healthy.

By embracing alternative forms of physical activity such as off-leash playtime, canine sports, and swimming, we can tap into our dogs' natural instincts and provide them with the exercise they truly need.

So, let's break free from the limitations of traditional walks and explore new avenues for our dogs to thrive. Stop walking your dog and start embracing a wider range of activities that will truly unleash their full potential!



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NUMBER 1 AMAZON BEST SELLER

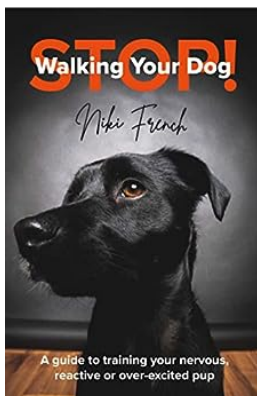
“This is the book that needed to be written.” - Jo Robbins, Volunteer with Balkan Underdogs

Are you struggling to walk your dog or puppy? Do you feel stressed or overwhelmed with your dog right now? Is your puppy struggling with walks? Do you have a scared, nervous or reactive dog? Does your dog get over-excited when you go for a walk? Have you got a dog that can't go for a walk due to surgery or illness or old age?

It might come as a surprise, but traditional 'walks' are a human invention and aren't helpful for many of our dogs. Whether you want to help your own dog or you work with dogs, this book will:

- Understand why your dog reacts in the way that they do.
- Learn how to train your dog or puppy at home to grow the skills they need in life. Whatever their age, breed or background.
- Find out why you shouldn't feel pressured to take your pup for a walk.
- Learn loads of games to play at home just for fun (get access to bonus videos).
- And what you can do for a calm and happy dog.

Learn really practical, fun and easy ways to train your dog and help them (and you!) live calmer and happier lives.



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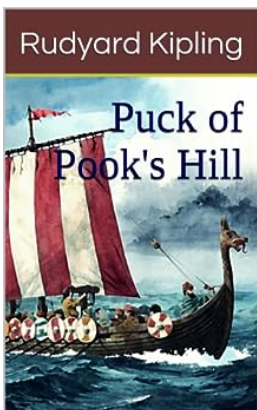
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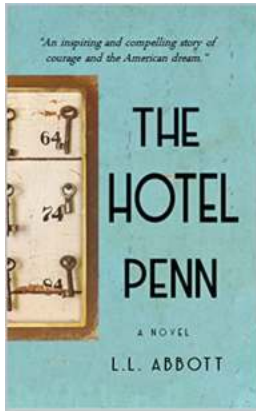
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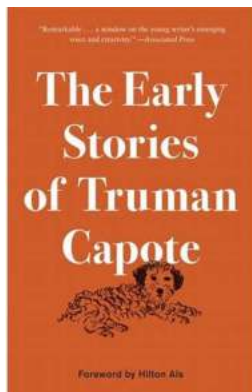
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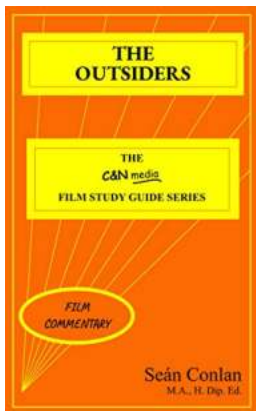
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