



EXERCISE REQUIREMENTS

Dogs have been selectively bred for thousands of years to perform certain tasks or jobs. With this comes unique characteristics, sizes and varying degree of exercise requirements. All dogs require both mental and physical exercise.

PHYSICAL EXERCISE

A dog's exercise requirements will vary depending on their personality, indoor vs outdoor preference, drives etc. Use this list as a guide to help you discover your dog's exercise needs.

Energy Level Based On Breed

| Very High | High | Medium | Low |
|--|---|---|---|
| <ul style="list-style-type: none">• German Shorthaired Pointer• Belgian Malinois• Weimaraner• Brittany Spaniel• English/Irish Setter• Siberian Husky• German Shepherd• Doberman• Jack Russell Terrier• English Springer Spaniel• Poodle• Collies• Australian Shepherd• Portuguese Water Dog | <ul style="list-style-type: none">• Rottweiler• Golden Retriever• Labrador Retriever• Staffordshire Bull Terrier• Beagle• Dachshund• Coonhound• Schnauzer• Boxer• French Bulldog• Airedale Terrier• Bullmastiff• Wheaten Terrier• Bernese Mountain Dog | <ul style="list-style-type: none">• Whippet• Great Dane• Chihuahua• Great Pyrenees• Maltese• St. Bernard• Pomeranian• Boston Terrier• Yorkshire Terrier• Cairn Terrier• Irish Wolfhound• Borzoi• Newfoundland• Pug | <ul style="list-style-type: none">• Pekingese• English Bulldog• Basset Hound• Cavalier King Charles Spaniel• Shih Tzu• Maltese• Greyhound• Chinese Crested• Brussels Griffon• Japanese Chin• Sussex Spaniel• English Toy Spaniel• Chow Chow |

Types Of Physical Exercise

- Daycare/socialization
- Disc dog/frisbee
- Biking
- Self propelled treadmill
- Swimming
- Dock diving
- Flirt pole
- Hiking with a backpack
- Flyball
- Dig box
- Skijoring
- Jogging
- Hiking
- Agility
- Fetch
- Scent detection
- Tug
- Trick training
- Soccer
- Electric Treadmill
- Hide n seek
- Exploration walk
- Ball ball
- Stairs
- Obedience
- Fitness exercises
- Outdoor kibble hunt
- Bubbles
- Running errands
- Dancing
- Doga/yoga
- Indoor kibble hunt

*The degree of intensity depends on you and your dog's enjoyment/vigor with each activity

MENTAL EXERCISE & ENRICHMENT

Something we need to remember is that dogs are captive companions. They don't have access to positive outlets they need unless we as owners provide them. If we don't provide them and dogs create their own outlets, such as digging, it is viewed as "bad behaviour". Enrichment and mental exercise gives or dogs a sense of choice, control, variety and specie specific games that dogs need.

A dog's outlet preference will vary depending on their personality, breed, drives etc. Use this list as a guide to help you discover your dogs wants and needs.



Food Enrichment

- Fill kongs with peanut butter, yogurt or fruit
- Lick mats
- Muffin Tin Game
- Hidden food in a rolled up towel or toilet paper rolls
- Snuffle mat
- Scatter feeding-Scatter food in the grass
- Hide small bowls of treats/food around a room
- Commercially made IQ games



Environmental Enrichment

- Enrichment walk
- Visit a new trail or area of the city
- Rotate your dogs toys
- Create a digging pit
- Attend a training class
- Create an at home agility course
- Play new audio such as street noises or birds
- Play a game of shaping with a random object



Cognitive Enrichment

- IQ/Puzzle games
- Enrichment box
- Scent detection
- Scent tracking
- Trick training and other training promoting new problem solving activities
- Mirror play
- Mimicking
- Exposure to new smells (essential oils)
- Play classical or noise phobia audio



Play Enrichment

- Provide satisfying and safe chew toys
- Join an agility class
- Try out a fly ball or disc dog class
- Flirt pole
- Bubble chasing
- Engaging toys that move, wobble or launch
- Allow access to off leash play in a fenced area
- Playing fetch up a hill
- Tug games such as Red Light Green Light
- Participate in a fitness class



Social Enrichment

- Plan a meet up with a doggie friend
- Cuddle and scratch your dog on their terms
- Schedule a day of daycare or a dog walk
- Sit on your porch or a walking path
- Practice greeting manners with people
- Attend a training class

