

Keeping Your Active Dog Happy

and out of trouble!



Exercise

Aim for 60-90 minutes/day in 3 - 4 shorter sessions.

Brisk walks & hikes: practice “sit,” “down,” or “touch,” randomly.

Fetch with cues: ask for basic obedience cues before throwing.

Training

Training helps build focus and strengthens your bond.

Learning new tricks can help boost confidence.

You can combine play and training to make it more fun and tiring.



Enrichment



Feed meals out of treat-dispensing toys.

Provide a stuffed Kong, puzzle, or snuffle mat each day.

Use these items to teach your dog how to spend time independently.

Helpful Tips

Mental stimulation is key to helping manage your dog’s energy.

15 minutes of play + training is equal to a 45 - 60 minute walk.

For more ideas, visit our YouTube playlist @BehaviorCoordinatorBCHS

