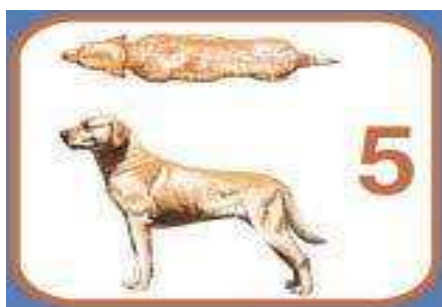




Canine athlete?

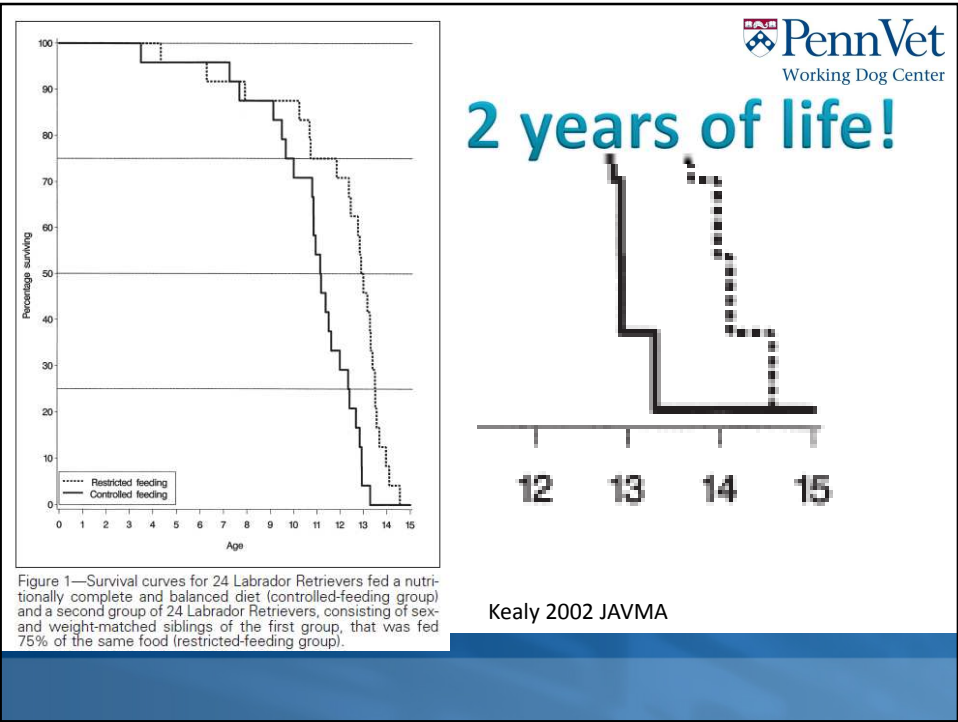


Impact of a few extra kilos?



Purina Body Condition Score

1= dangerously thin, 4-5 = ideal, 9=morbidly obese



Not fat, but not fit!

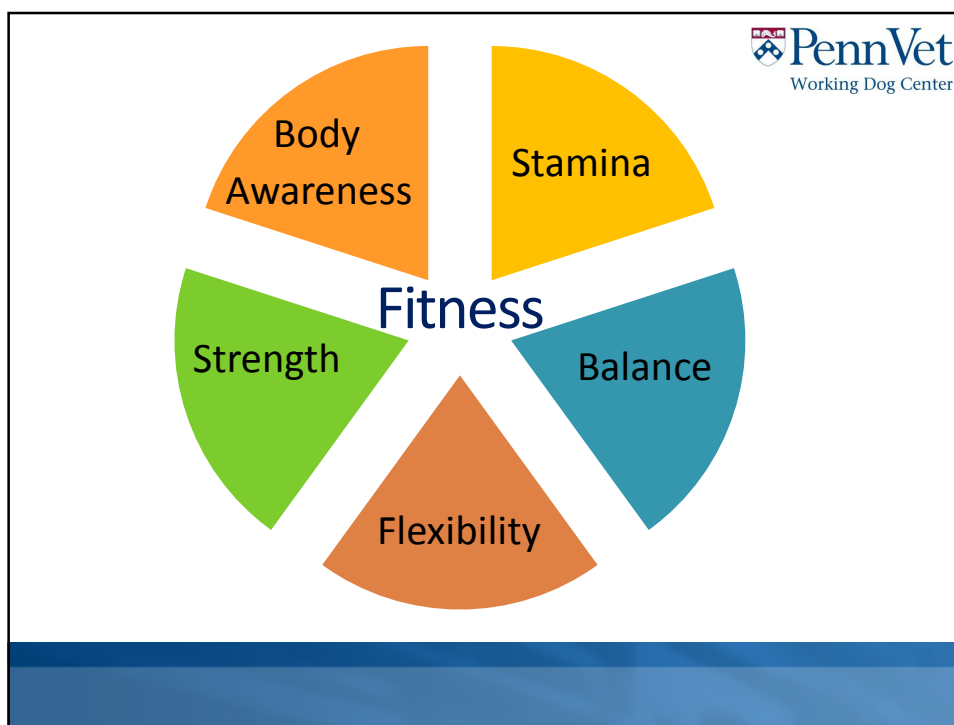


Spinal Cord Disease



- Number 1 cause of retirement in MWD
- Can we prevent it or slow the progression?





PennVet
Working Dog Center

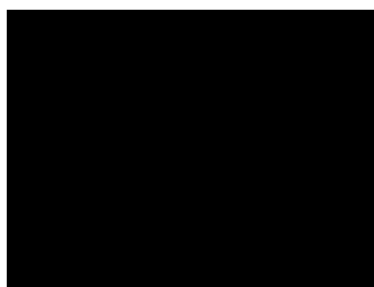
Training Fitness

- Warm up!
- 5 min of fast walking/trotting

Active Stretches



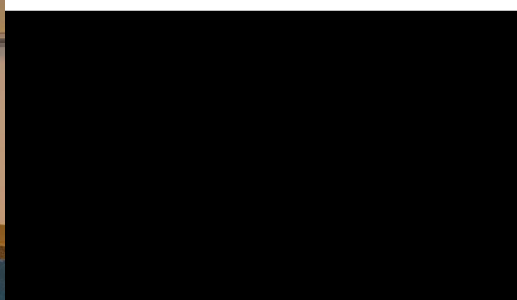
- Figure 8
- Side stretch
- Up stretch
- Bow and counter stretch

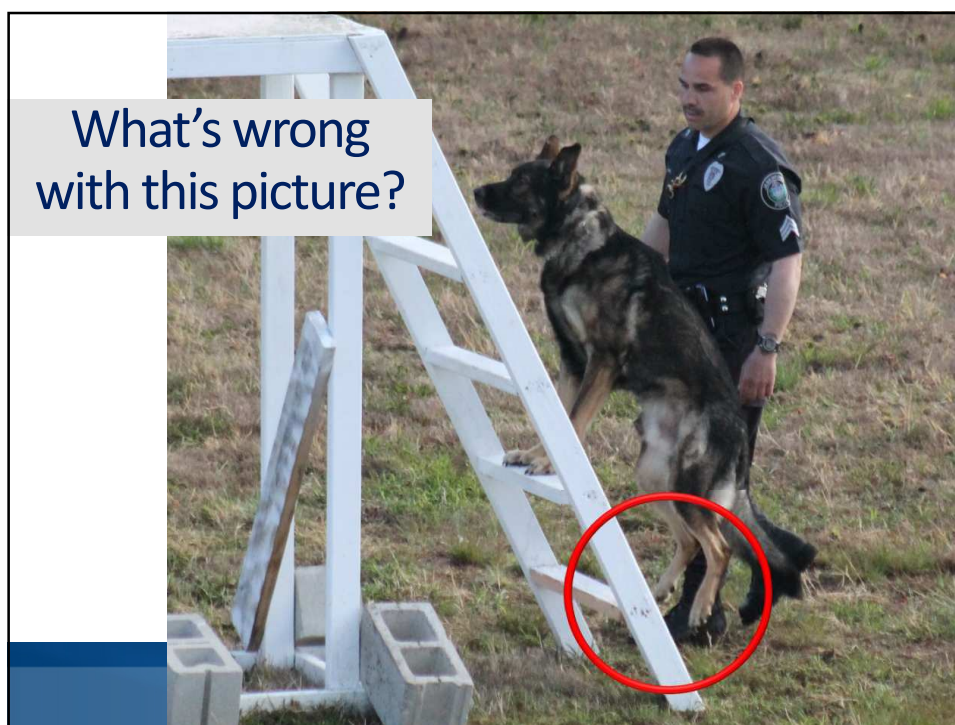


Flexibility



- “Figure 8”



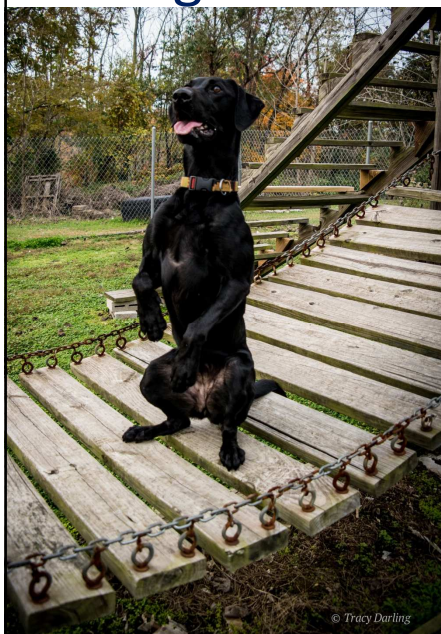


Body Awareness

- “Proprioception”



Strength

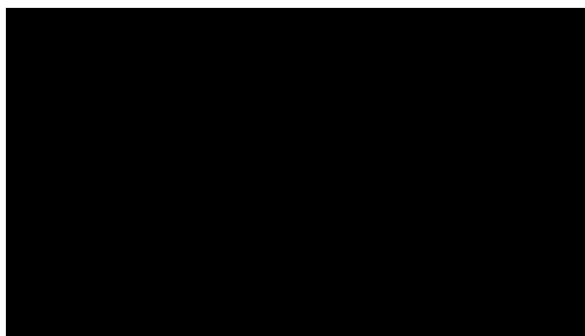


- Chipmunk, aka "Beg"



Strength

- Sit to Stand





Balance

 **PennVet**
Working Dog Center





Stamina vs Endurance

 **PennVet**
Working Dog Center

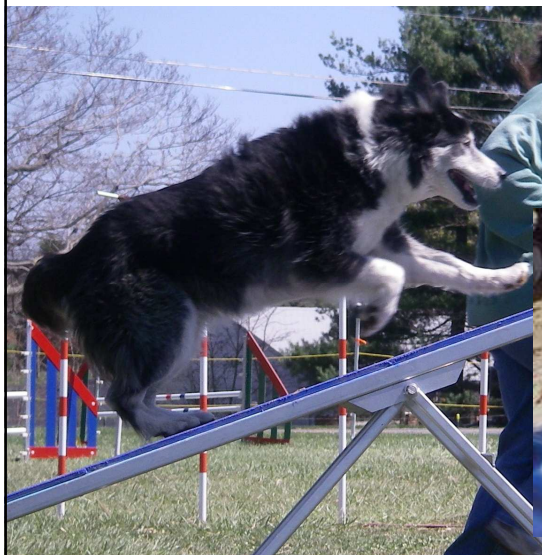


The collage consists of four images: 1. A dog in a snowy mountain landscape, likely a sled dog. 2. A dog in a rocky area, possibly a search and rescue dog. 3. A dog in a desert landscape, possibly a patrol dog. 4. A dog in a field, possibly a hunting dog.

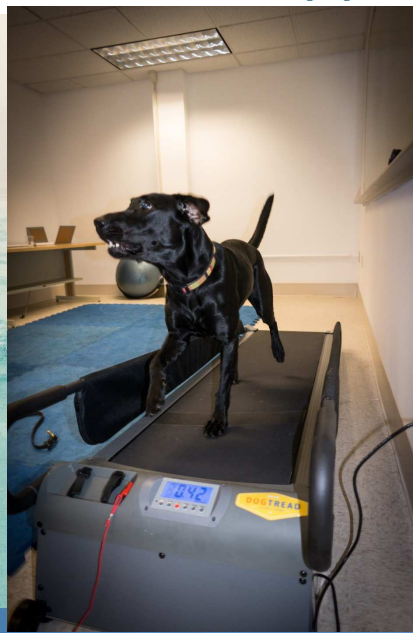
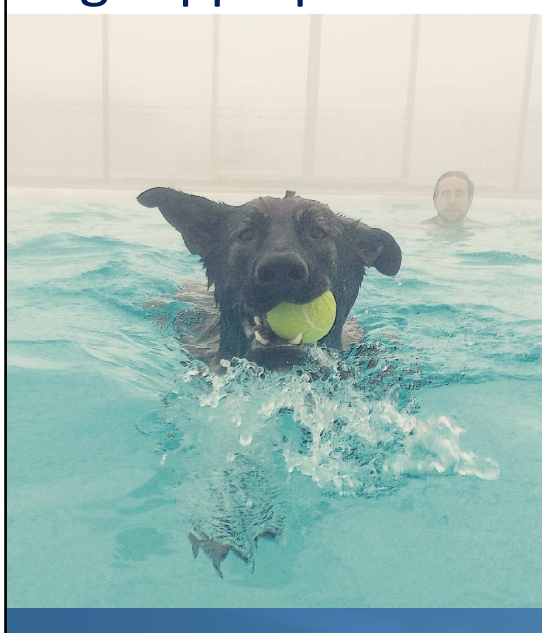
Stamina



- Body Condition
- Environment
- Hydration
- Cardio



Age appropriate cardio



Cool Down!



- Walk it off
- Stretch it out



© Barry Rosen, 2006



Work

...Long

Work

...Safe

Fun with Fitness



- Start with the basics

- Body targets
 - Nose touch
 - Paw – front, rear, right, left
 - Chin
 - Shoulder
 - Hip

Fun with Fitness



- Use positive reinforcement

- Shaping
- Luring
- Capturing



Fun with Fitness



- Short sessions
- Keep it fun
- Name it!

Questions?



Additional Resources:

- CANINE CROSS TRAINING - BUILDING BALANCE, STRENGTH AND ENDURANCE IN YOUR DOG

by Sasha Foster

- BUILDING THE CANINE ATHLETE - STRENGTH, STRETCH, ENDURANCE & BODY AWARENESS EXERCISES DVD

By Chris Zink & Laurie McCauley

- 101 DOG TRICKS - STEP-BY-STEP ACTIVITIES TO ENGAGE, CHALLENGE, AND BOND WITH YOUR DOG

By Kyra Sundance