

## Exercising your dog can curtail or eliminate behavior problems.

Common behavior problems like chewing, barking, digging or just plain old unruliness can be frustrating for any dog owner. Did you ever notice that dogs have an uncanny ability of finding ways to keep themselves entertained? Some of them even practice the art of escaping from the backyard when their bored.

Many dogs do not get sufficient exercise or mental stimulation which often results in unwanted behaviors. Chewing, barking and digging are natural dog behaviors. Adequate exercise, redirecting your dog to chew on appropriate items or digging in a designated area will help curtail or eliminate these types of unwanted behaviors.

A good workout such as a long walk, playing fetch or a trip to a dog park will tire your dog out and he will have less energy to engage in destructive and annoying activities. Enrolling in an obedience class where you learn to train your dog is very worthwhile. Agility or trick training can be engaging and fun! If your schedule doesn't permit at least one hour a day of brisk walking, consider Doggy Day Care or a Dog Walking Service. Since professional services can get costly, you can try to solicit the help of a neighborhood kid that loves dogs and would like to make some pocket change.

In a few words, if you want a healthy, happy, well behaved dog find a way to get him plenty of daily exercise.



*Woofs, Purrs & Twitters*

