



10-Minute Activities

**for Your Dog's Physical, Mental
and Social Well-being**





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Historically, dogs have been born and raised to work alongside humans by herding livestock, hunting, and protecting. The development of herding began back in 10,000 B.C. Once tamed, it was discovered that dogs had an aptitude for herding livestock and sheep, which is partially attributed to genes passed down from their wolf ancestors. Dogs were chosen based on their coat colors: shepherd dogs had to be white to differentiate them from wolves at night, and a farmyard dog had to be black to frighten thieves away.

Nowadays, most dogs have been relieved of their duties and retired to become full time companions. Turns out, they make the perfect companions, but with doggie boredom on the rise there is a bit of a downside. The problem:

"As dogs have adjusted to their more lazed lifestyles, they've also lost their outlet for activity to accommodate their rambunctious propensities."



In this E-book, we cover eleven 10-30 minute activities that will keep your dog sharp, healthy and happy throughout his/her life. Browse the list and download a free interactive PDF copy of our bi-weekly activity calendar! Trust us, these activities work. We know because we're the doggie play and stay experts. :)

5 Benefits of Regular Doggie Activities

- Reduces or eliminates behavioral problems such as: hyperactivity, barking, and destructive habits like chewing and digging.
- Keeps dogs agile and limber
- Reduces digestive problems
- Builds trust and confidence in shy or scared dogs
- Keeps doggie weight under control



THE 11 REGULAR ACTIVITIES YOUR DOG NEEDS



1



Food Puzzle Toys

Food puzzle toys are durable containers made of either hard rubber or plastic that can hold food or treats inside. However, these toys don't make it easy for dogs to get food, and the only way your dog can reach the tasty treasure would be by pawing, rolling, shaking, nibbling, or licking the toy to get the food to come out. The great thing about food puzzle toys is that it requires problem-solving, time, and patience, which are great skills that'll help your dog enjoy some quiet time.

Feed your dog at least one meal a day in a food puzzle toy to give his/her brain and jaws a workout.





THE 11 REGULAR ACTIVITIES YOUR DOG NEEDS



2

Food Hunt

Before you leave the house, hide food puzzle toys or bits, trails, and piles of kibble around the house for your puppy to find. They'll have a great time hunting for food while you're away. Dogs LOVE this! Plus, it helps them exercise their sense of smell more often!



THE 11 REGULAR ACTIVITIES YOUR DOG NEEDS



3

Chew Time

Chewing is a natural necessity. It helps dogs keep their jaws strong and teeth clean. Chewing is great for stimulation, and it actually helps relieve doggie anxiety. Give your dog daily chew toys and chew sticks to help prevent your personal belongings from being gnawed on.





THE 11 REGULAR ACTIVITIES YOUR DOG NEEDS



4



Dog Tricks

Teaching your dog tricks will not only help with discipline, it will also help build intelligence. There are so many tricks you can start practicing now – like sitting, staying and rolling over. Practice teaching your dog tricks once every two weeks.



THE 11 REGULAR ACTIVITIES YOUR DOG NEEDS



5



Socialization

Dogs are just like humans in that we need to socialize often for mental health. Try taking your doggie out and about to a doggie daycare or a dog park at least once a week in order to give your dog the opportunity to become a social butterfly with their playmates. Regular socialization will help improve behavioral issues that can arise when around strangers and new dogs.





THE 11 REGULAR ACTIVITIES YOUR DOG NEEDS



6

Jog / Run

Taking at least one outing a day with your dog, whether it be for a walk or run, will help keep your dog physically fit and allow her to explore the world. Try visiting new places and taking different routes on your jog so that your dog can take in new sights and smells each time. Introducing him/her to new places will also give your doggie another opportunity to practice their socialization abilities.



THE 11 REGULAR ACTIVITIES YOUR DOG NEEDS



7



Tug-of-War

By playing tug-of-war with your dog, you're giving them an outlet for their natural urges to bite, grab, and pull at things with their mouth. Do not allow your dog to grab and lunge at the toy aggressively. Instead, practice teaching him/her to take hold of the toy on your command. Don't train your dog to believe that he/she can get away with being aggressive with you. Tug-of-war is also an opportunity to teach your dog lessons, like listening and obeying you while their riled up.





THE 11 REGULAR ACTIVITIES YOUR DOG NEEDS



8



Playing Fetch

Playing fetch with your dog is great for many reasons. First, it requires your dog to be very active. Second, it comes in handy for your dog to know how to drop things on your command.

Start by showing your dog a toy and throwing it a short distance. If your pup doesn't follow the toy, try a different one. Initially, it will require a lot of praise and treats to get your dog to become a master of fetch. If he/she becomes too stubborn to return with the toy, try teasing him/her with another toy to play with. As your dog returns to you, put your left hand under the toy and have a treat in your right hand. As you tell him/her to "drop it", put the treat by their nose and give it to him/her only when she drops the toy into your hand. Soon enough, "drop it" will become an automatic cue for her.

Investing in a Chuck It! Launcher is great for playing fetch. There's no slobbery mess, and you can pick up and throw the ball all without having to touch it. Plus, it launches the ball three times as far as you could.



THE 11 REGULAR ACTIVITIES YOUR DOG NEEDS



9

The Chase

The need to chase is a natural instinct for all dogs.

Try creating a “flirt pole”, which is just a simple, durable pole with rope and a toy attached to it. Make sure to use sturdy rope. You do not want to use a flexible rope or bungee cord because that causes the toy to bounce around more and can possibly hit your dog’s eye.

Use the pole to drag the toy around on the floor or twirl it around in the air. For many dogs, “chase” is an exciting adventure without a dull moment and will keep them going until they’re pooped!.





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10

Round Robbin

Round Robbin is a fun little game to help train your dog in obedience, and it's a whole family activity!

Have everyone (with treats in hand) spread out around your dog and take turns calling his/her name. Treat your dog when he/she comes to you then let someone else take a turn. Make sure if you're not the one calling your pup to hide your treat behind your back and look away from your dog. This will help tone down the confusion. The biggest advantage to this exercise is that your dog is trained to be obedient with everyone in the household, not just you!





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11

Playing Catch

This is not fetch. In order to play catch with your doggie, make sure to throw the ball easily enough for him/her to catch in their mouth.

Once your dog has gotten better at playing catch, try making the tosses more difficult or upgrade to throwing a Frisbee.

It is important to keep your dog active and not neglected. So now that we've briefed you a bit on some activities you can do with your doggie, it's time to put a plan into action!





10-Minute Activities for Your Dog's Physical, Mental, and Social Well-being

This is a **FREE** weekly activity checklist

that you can open and use on your desktop, or printout and hang on your refrigerator at home. This PDF will help you organize some of these fun doggie activities into a bi-weekly routine! Interactive features compatible with any default PDF reader.



Download Activity Checklist



References:

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