

## Diet and Exercise for Dogs

Keeping your dog in shape is essential for their overall health and well-being. Here are some key points to consider when it comes to feeding, exercising, and caring for your



dog at different life stages:

### **Feeding Your Dog**

#### **1. Choosing the Right Food:**

- **Complete Dry Foods:** These come in various types and life stages, providing balanced nutrition. Avoid mixing different foods to ensure your dog receives all necessary nutrients.
- **Wet Food:** Available in tins or pouches, wet food is often more palatable but can be less convenient. Some are complete, while others need mixing with dry food.
- **Homemade Diets:** Generally not recommended as they can lead to nutritional imbalances unless carefully planned.

#### **2. Water:** Ensure your dog has constant access to clean drinking water.

#### **3. Puppies (up to 1 year):**

- Need high-calorie diets for growth.
- Feeding schedule:
  - **6 to 12 weeks:** Four meals daily
  - **12 to 20 weeks:** Three meals daily
  - **20 weeks onwards:** Two meals daily
- Avoid dairy products to prevent digestive issues.

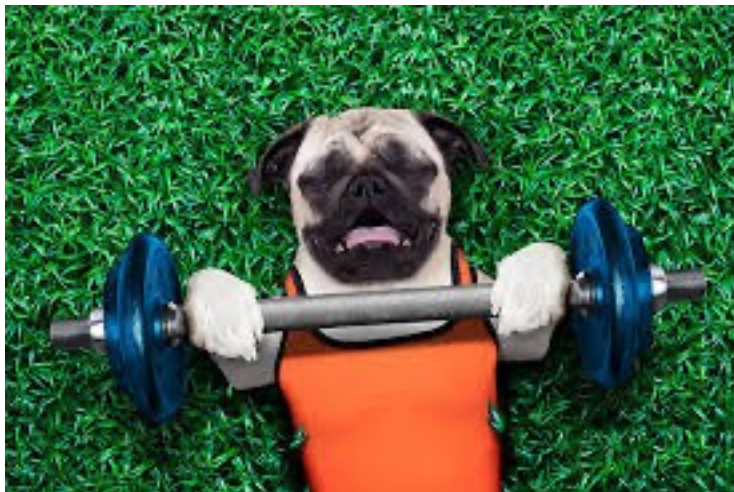
#### **4. Adult Dogs:**

- Switch to adult dog food once they reach maturity.
- Gradually transition to new foods to prevent stomach upset.
- Maintain a healthy weight to reduce health risks.

5. **Older Dogs:**

- May require fewer calories and a specific diet for age-related health issues. Consult your vet for recommendations.

6. **Treats:** Monitor treat intake as they contain calories. Use low-calorie options and incorporate treats into training to prevent overindulgence.



## Exercise

1. **Importance of Exercise:** Regular exercise is vital for maintaining a healthy weight and mental stimulation.

2. **Exercise Needs by Age and Breed:**

- **Puppies:** Require controlled exercise to support muscle development. Avoid high-impact activities.
- **Adult Dogs:** Needs vary by breed and size. Tailor exercise to their natural instincts (e.g., retrievers enjoy fetch, terriers like sniffing and digging).
- **Older Dogs:** Continue regular, gentle exercise to maintain mobility. They may prefer shorter walks but still benefit from daily activity.

3. **General Tips:**

- Allow dogs to exercise off-lead in safe, enclosed areas.
- Engage in activities that provide both physical and mental stimulation (agility, obedience).

- Gradually build up exercise tolerance, especially after a period of inactivity.

## **Conclusion**

A combination of a balanced diet and regular exercise is crucial for your dog's health. Tailor their food and exercise regimen to their age, breed, and individual needs. Regular check-ins with your vet can help ensure they stay in top shape as they grow. Remember, a healthy dog leads to a happy household!

