

Joggers and Bikers Beware:

You May Be Killing Your Best Friend



Dogs are sprinters,

Not Marathoners

A

Safe Alternatives

C

Other Dangers

B

**Walk, don't run
... with your dog.**

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Body Copy for PSA

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A) Daily aerobic exercise is beneficial for Fido, but dogs are not built for sustained jogging or long distance running. Dogs prefer short, intense bursts of speed with frequent breaks. Sustained jogging can cause joint and ligament injuries, blisters on paw pads, and breathing difficulties.

B) If you hold or tie a leash to your bike, you put yourself and your dog at risk.

- Your dog could run in front of the tire and get injured or worse.
- The leash might get tangled in the spokes or chain of the bike.
- By taking up too much room on the road, you and your dog are a traffic hazard.
- If your dog is distracted and decides to bolt, you will be dragged along – probably without the bike.

C)

- Fetch
- Hide and Seek
- Frisbee
- Swimming

- Walking

Check with your dog's veterinarian before starting an exercise program. Your pet's needs and abilities are based on age, breed, and size. If your pet shows signs of pain or exhaustion, slow down and give your dog a break. Exercise should improve your dog's mood and health, not destroy it.