

Fun Ways: TO KEEP YOUR DOG TIRED



Daycare: this allows dogs to play with other dogs in a safe and supervised atmosphere. When dogs play with other dogs they get out a lot of energy we as humans are unable to mimic for them. Daycare is a very stimulating environment and will give you a tired dog at the end of the day.

Agility: this is a mentally and physically stimulating activity for you and your dog. You train your dog to run through an obstacle course. Some dogs and breeds are more apt for this than others, but if you have a high energy dog its certainly worth a shot! You can do this competitively against other dogs, or just for fun at your local dog training facility.

Rally: this is a obstacle course of obedience. Along the course are signs indicating what you need to make your dog do to complete that obstacle. It involves sit, down, heel, as well as many other activities. This is mentally stimulating for your dog and is a great way to perfect your dogs obedience in a fun way.

Dock Jumping: this is an activity where you train your dog to run and jump into a pool of water. There are competitions that rate dogs on the height and distance they jump off the dock. This is great for breeds that love water like labs and golden retrievers.

Frisby/Fetch: this is a great way to get your dog exercised. If your dog loves to chase balls or a frisby, throwing these items back and forth will really get your dog moving. Some dogs tire themselves out after 10 minutes, some can play even longer. But it requires little effort on your part and you will have a sleeping dog when you get home.

Canine Freestyle: dancing with your dog! This is when you teach your dog various tricks and behaviors and put them along to music so it looks like you and your dog are dancing.

Be creative! What does your dog like to do? What was the breed bred for? There are competitions and clubs for every dog activity you could think of. Ask a staff member or any dog trainer for ideas or for how to get started in an activity.

