

Does your puppy or senior dog need an afternoon break?  
Would your dog enjoy an afternoon walk with a little extra TLC?  
Additional exercise will help your dog curb common destructive behaviors due to boredom or lack of exercise. Let us help!



We are Paw Prints Pet Services and we would love to walk your dog in the Falls Church, Virginia area. Monday through Friday, we are pleased to offer a 30 minute afternoon walk and/or playtime with your dog. 15 minute express or multiple daily visits also available.

*Free initial consultation — call us today!*

**703-237-2793**

*Or check out our web site at:*

<http://mysite.verizon.net/vzev9zvs/pawprintpets>

We are a fully insured, professional dog walking service  
Cat and exotic pet care also available  
(limited pet sitting and pet lodging available)



## Exercise Benefits for Your Dog

The following tip has been adapted from the article, **The Many Benefits of Exercise and Play** from *Your Dog* newsletter (published by Tufts University School of Veterinary Medicine):

Daily exercise sessions benefit you and your dog. Exercise needs vary depending on the breed, age and individual traits of the dog. But it's a good idea to play catch, Frisbee or other games, and take your dog for 30-minute walks each day.

- 🐾 Sufficient exercise helps reduce or eliminate common behaviors such as digging, excessive barking, chewing and hyperactivity. Dogs need physical and mental stimulation each day.
- 🐾 Exercise helps prevent boredom and channels the dog's energy in a productive, acceptable direction.
- 🐾 Exercise helps keep pets healthy, agile and limber.
- 🐾 It reduces the incidence of digestive problems and constipation.
- 🐾 It helps prevent depression.
- 🐾 It's a good way to help a timid or fearful dog build confidence and trust.
- 🐾 Exercise promotes healthy rest. A well-exercised dog will be sleepy instead of restless when it's time to relax or go to bed.
- 🐾 And exercise is key to weight control.

A good website about canine exercise: [www.dog-play.com](http://www.dog-play.com)

For more Dog Tips and other information about pet care, adoption and the work PAW does, visit our website at: [www.paw-rescue.org](http://www.paw-rescue.org) - Partnership for Animal Welfare, Inc. P.O. Box 1074, Greenbelt, MD 20768