


# How much **daily** exercise does your dog need?

Exercise is essential for all dogs. Whether you're walking, playing fetch or playing tug-of-war, it helps keep them in shape but is really important for their mental health, too.

## TOP TIPS

 **Your dog** doesn't need to do all this exercise at once – shorter sessions throughout the day work just fine.

 **Try not to** exercise your dog straight after mealtimes, when some breeds experience bloating.



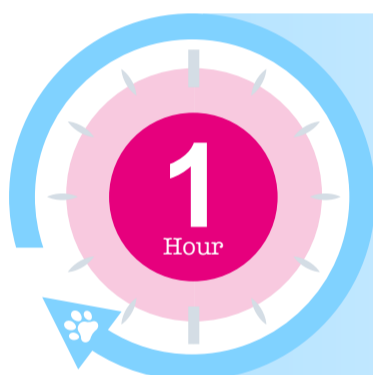
Chihuahua



Miniature  
Dachshund



Yorkshire  
Terrier



Cocker Spaniel



French Bulldog



Cockapoo



Border Terrier



Cavalier King  
Charles Spaniel



Pug



Miniature Schnauzer




Greyhound



Bulldog



 **Watch out** for frostbite when exercising your dog in winter – wipe any snow, ice or salt off their paws afterwards.

 **In summer,** remember that dogs will overheat faster than humans. And if pavements are too hot for your hands, they're too hot for dog paws.



Staffordshire  
Bull Terrier



West Highland  
White Terrier

 **And if your dog has health conditions** please consult your vet about a suitable exercise programme



Boxer



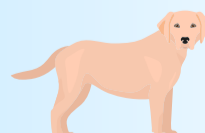
Springer Spaniel



Golden Retriever



Border Collie



Labrador



German Shepherd