



# Exercise

Some dog breeds are bred to be very active, and some dogs' temperaments lean towards energetic. These dogs are often very smart and can get themselves into trouble if their physical and mental needs aren't met. However, **all dogs need plenty of exercise and stimulation.**

## Signs Your Dog Isn't Getting Enough Exercise

- Destructive behavior like chewing, getting into the trash, etc
- Rough play like jumping up and nipping or mouthing
- Not able to settle down at night
- Pestering or annoying behavior
- Excessive barking



For many dogs, a slow stroll through the neighborhood a few times a day is not enough. Here are some ways you can tire your dog out:

### Play Fetch

If your dog enjoys chasing after tennis balls, this is a great activity. You can get ball throwers that will save your arm from getting tired while still tiring out your dog. See if there's an empty fenced in tennis court nearby if you don't have a fenced yard.

### Train

It might not seem like exercise, but basic training gets your dog's mind working to try to figure out what you're asking. Once you have basic obedience down, you can start to introduce tricks like Sit Pretty and Roll Over.

### Use a Dog Backpack

Weighted backpacks can help make a dog feel like he has a job, plus it adds some resistance to everyday walks.

### Go to a Dog Park

If your dog is good with other dogs, going to an off leash dog park like Zilker Park can be loads of fun, and it's free.

### Hire a Dog Walker

Got a responsible teenage neighbor looking for a few extra bucks? Adding in extra walks can be a huge help. You can also find dog walkers on sites like [rover.com](https://www.rover.com).

### Enroll in Doggy Daycare

This isn't always within everyone's budget, but if you can send your dog to daycare one or two days a week it can be a life changer for you and your dog.

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