



Exercising your puppy

Just how much exercise is enough for your young puppy? It is a big mistake to take your new puppy for a long hike when he is very young in the hope of tiring him out. His young bones and joints are not developed well enough to withstand this strain on his body. Like babies would not go to run the marathon, neither would your puppy be OK with going for long walks.

Two ten to fifteen minute walks a day are adequate for a young pup. If you give your puppy in addition to his walks some mental stimulation in the form of dog training, you will get a happier puppy. Slowly increase the walking time to two to three thirty minute walks when he is six months old and when he is an adult you can take him for longer walks.

If you read everything you can about your chosen breed you can take what is said too literally about working breeds needing a great deal of exercise. The writers are referring to adult dogs and not pups. Puppies and adult dogs benefit from mental stimulation as well as physical stimulation. So ideally you need to try to supply your dog with both throughout his life.

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