



# Let's Go Outside!

I need daily exercise...  
Come play with me!

## Active Dog Play Tips

- **Bubble chasing** – entertain the whole family with bubbles
- **Hide and seek** – package up treats to search and find
- **Dancing queen** – get them on their hind legs and teach them some moves
- **Agility course** – visit an obstacle course or create your own
- **Water games** – use a garden hose, shallow pool, or a pond or lake to splash around in
- **Stair runs** – run up and down the stairs, zig-zag, take two at a time or dance
- **Hike the pike** – take a trek with interesting terrain
- **Mind games** – teach new fun tricks or hand signals for mental exercise
- **Fetch** – catch the ball, Frisbee or other toys
- **Play dates** – set up play time with other dogs or visit a dog park

## Benefits of Exercise & Play with Your Dog

- Reduces or eliminates common behavior problems such as:
  - Excessive barking
  - Digging
  - Destructive chewing
  - Hyperactivity
- Improves overall health
  - Proper digestion
  - Weight management
  - Quality sleep
- Builds self-confidence
  - Reduces anxiety
  - Improves mood
  - Gains trust
  - Bonds with owner
- Maintains fitness
  - Improves agility
  - Increases metabolism
  - Develops muscle tone

## Make outdoor dog play easy.

Play catch as long as your dog wants with the easy

**PetSafe® Automatic Ball Launcher**



Let your dog discover a new space with the portable **PetSafe® Free to Roam Wireless Fence™**



Be sure to check with your dog's veterinarian before starting an exercise program. The vet can determine if there are any health issues that may be aggravated by exercise and recommend safe age and size-appropriate activities.

Sources: petmd.com, akc.org, cesarsway.com



[www.petsafe.net](http://www.petsafe.net)