



Puppy 101: Nutrition & Exercise

The easiest and most assured way to maximizing longevity is through healthy diet & nutrition. We advocate balancing your companions lifestyle with a healthy diet, weight mgmt, adequate exercise, and lots of love.

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Nutrition & Exercise



be a mischievous puppy.

Allowing them the opportunity to adequately exercise through play balanced with healthy diet will benefit them in later years. Exercise not only builds strong muscles and bones, is key to stimulating the natural part of your dogs capability. Each dog had characteristics given to them as part of natures design that need to be fulfilled, and ensuring those are supported through exercise is the best method for success. Of course to your puppy what we call exercise, they cal PLAY!

Diet & exercise is the foundation of a healthy lifestyle. We pay close attention to the foods we eat and how we maintain our bodies through exercise. It is equally important to do the same for our pets. As puppies, your new pet will develop habits that will follow them throughout their lives. It is incumbent upon us (as owners) to reinforce healthy habits by exposing our puppies & dogs to such opportunities.

Diet & nutrition gives our companions the basis to internally manage the challenges they will encounter—both physically & mentally. Offering your puppy good & consistent food options will not only give them the energy they require, but also provide the building blocks for supporting healthy mental stimulation. After all a bored puppy can often

Things to Do

- Consider healthy food options with balanced portions of protein and carbohydrates.
- Look for foods that provide real sources of protein and avoid filler to support the products volume content.
- Recognize your puppy's needs for exercise (consider breed characteristics if possible). Look to you puppy to indicate the need for more or less exercise / play.
 - As a very young puppy (< 6months) gradually work exercise into their daily regimen to avoid injury
- As they mature into a young adult, look to your pet for sign of the need for more exercise. Signs include
 - Destructive behavior (chewing / biting / etc.)
 - Restlessness in and around the house
 - Weight gain
- A maturing and/or adult dog can easily exercise everyday for 1hr or more. It is important to make this exercise another form of play so that it entertains you and your pet.
- Dog Parks - WONDERFUL...but approach with caution
 - Introduce your pet slowly and calmly the first time
 - Remember that Your pet is interacting many others for the first time

Things to Avoid

- The hardest thing for us all - Do not feed your dog food from the table (people food). This will most certainly lead to a pet that expects food during meal times and could result in food that mysteriously disappears from plates.
 - #1 contributor to puppy / dog obesity
- Your pet will benefit from consistency. If you find a pet food that you & your companion enjoy try not to deviate too frequently. Changing your pet's food options too regularly can lead to a picky eater.
- Be sure that your pet does not overheat. Having an extra supply of water for your puppy is important.
- Your puppies feet will develop calluses over time. However, these will take time to develop and your pet can wear the pads on their feet raw if they exercise too much before calluses have formed.
- As your puppy exercises (plays) more, injuries resulting from exercise can occur. Do not push your pet to perform tasks to which they are not accustomed.
 - Jumping from high locations to hard surfaces
 - Running extended periods without rest