

# *Benefits of Using an Off-Leash Dog Walker*

## **Good for Your Dog...**

Having an off-leash adventure just once a week can make all the difference to your dog. Here's just a few reasons why.



## **Mental**

Dogs are intelligent. They need stimulation to exercise their minds in addition to physical exercise for their bodies. Many canine behavioural problems are the result of isolation, boredom and insufficient exercise.

Destructive and unwanted activities such as chewing, barking, digging and separation anxiety can develop quickly. Exercise, socialization and mental stimulation can help with these problems.

## **Physical**

Regular high-energy off-leash exercise gives your dog a cardiovascular workout and improves bone density and muscle tone. Fit dogs sleep better and are more relaxed, potentially adding years to their lives.

## **Social**

Dogs are social animals. Off-leash adventures gives them the freedom to smell and investigate other dogs, encouraging positive social interaction and developing manners and social skills. Dogs who do not get the opportunity to socialize often act inappropriately with other people and dogs.



## **...and Good for You!**

Using up that excess energy and fulfilling his canine instinct of run and chase, your dog is less stressed and more relaxed when you get home, ready for hugs and cuddles on the sofa (if he's allowed up there!)