



TOP REASONS TO WALK REGULARLY WITH YOUR DOG

Health benefits for you and your dog

- Improves heart health
- Helps you both relax
- Introduces you to other dog owners
- Helps you connect with your neighbors
- Prevents obesity
- Strengthens your bond with your dog

Additional benefits for your dog

- Improves your dog's behavior
- Reduces excessive barking
- Helps your dog find its way home if lost



Learn more about exercising
with pets on our **2020
Healthy Pets Healthy
Families** webpage:

**2020 Healthy Pets Healthy Families
(HPHF):**

[http://publichealth.lacounty.gov/vet/Healthy
PetsHealthyFamilies.htm](http://publichealth.lacounty.gov/vet/HealthyPetsHealthyFamilies.htm)

**HPHF – Pet and human obesity
prevention:**

[http://publichealth.lacounty.gov/vet/HPHF/
HPHF_Obesity.htm](http://publichealth.lacounty.gov/vet/HPHF/HPHF_Obesity.htm)

**Los Angeles County,
Department of Public Health
Veterinary Public Health Program**

Phone: (213) 989-7060

Website:

www.publichealth.lacounty.gov/vet

Walking for Health!

**3 Tips to keep you and
your dog fit**



Did you know taking your dog for a walk could improve your health?

- Adults should engage in 150 minutes of moderate activity per week (i.e. brisk walking).
- Just one 10-minute walk with your dog, 3 times a day, 5 days a week, can help you meet this goal.
- Walking can also improve your dog's health!

Learn more about the tips

Tip #1: Get ready before you take your dog for a walk:

Protect your dog: Your dog should be up-to-date on their vaccines and dewormed. Some dogs cannot handle long walks because of health or other issue. **Always check with your veterinarian first!**

Train your dog: make sure your dog is used to walking on a leash and being around other dogs and people.

Check the weather. Avoid walking on hot days: your dog can get heat stroke, Feel the temperature of the pavement. Contact with hot ground can burn a dog's paws.

Tip #2: Get set for your walk:

Bring plenty of water for you and your dog, poop bags, a 6-foot leash, sunscreen, hat and sunglasses.

If walking at night: wear reflective clothing and carry a flashlight.

Tip #3: Go for a walk!

Pick up after your dog: use poop bags and throw them in the trash.

Take frequent water breaks: monitor your dog's breathing and activity level.

Obey traffic laws: always cross at pedestrian crossings.

Control your dog: when meeting other people or dogs to prevent dog bites.

After returning from a walk with your dog, always:

Make sure your dog gets plenty of water and rest, even if your dog still looks excited after a walk, they need to rest and re-hydrate.

Check for ticks, foxtails, damages to your dog's paws. Foxtails can bury in your dog's skin and cause problems. Ticks can transmit diseases to both people and pets.

Don't' forget to check yourself for ticks too!

Interested in engaging your community in more walking activities?

We can help!

We are forming dog-friendly community walking groups. Get to know your neighbors, receive information on how to improve both your health and your pet's health.

Contact us:

Phone: 213-989-7060

Email: vet@ph.lacounty.gov