

IMPROVE YOUR HEALTH BY WALKING YOUR DOG

Did you know that taking Fluffy for a walk can improve YOUR health?

Research has shown that walking your dog can help you improve your health.

A 2001 study in Australia found that people who walked their dogs for at least an hour a week were most likely to get the recommended level of health-improving physical activity.

Improve your health by walking your dog daily!



A total of 150 minutes of moderate aerobic activity (i.e., Brisk Walking) per week is recommended by the Centers for Disease Control & Prevention. A 10-minute brisk walk, 3 times a day, 5 days a week can improve your health.

TOP REASONS TO TAKE REGULAR WALKS WITH YOUR DOG

Reasons for you:

- Helps you get the recommended level of physical activity (150 minutes per week)
- Improves your cardiovascular health
- Helps you relax and feel better
- Gives you an opportunity to meet new people
- Helps your neighbors recognize your dog if it ever gets lost
- Allows you to bond with your dog

Reasons for your dog:

- Improves your dog's cardiovascular health
- Prevents obesity in your dog and helps overweight dogs lose weight
- Helps your dog relax & bark less
- Improves your dog's overall behavior
- Helps your dog find its way home if it ever gets lost



Tips & Resources

PREVENT A DOG ATTACK

- **AVOID OTHER DOGS:** Cross the street if you see a dog you don't want to encounter.
- **MAKE SOME NOISE:** Yell "No!" or "Go Home!" in a deep voice.
- **CARRY AN OBJECT:** Consider carrying a stick or other object that you can use to scare away a threatening dog.



WALKING TIPS

For you:

- Wear comfortable shoes
- Stretch before and after to prevent injury
- Be visible to make sure drivers see you
- Look both ways when you cross the street
- Wear a hat and use sunscreen
- Drink plenty of water
- Make your walks a routine

For your dog:

- Supervise your dog around young kids
- Use a leash at all times
- Bring poop bags to pick up after your dog
- Make sure your dog drinks plenty of water
- Don't walk your dog in extreme weather
- Watch for unusual signs of fatigue or trouble breathing

LOCAL DOG PARKS

Yorba Park	7600 E. La Palma	Anaheim, CA
Buena Park Bellis Dog Park	7171 8th Steet	Buena Park, CA
Costa Mesa Bark Park	890 Arlington Drive	Costa Mesa, CA
Sepulveda Basin Off-Leash Dog Park	17550 Victory Blvd.	Encino, CA
Fullerton Pooch Park	201 S. Basque Ave.	Fullerton, CA
Garden Grove	9301 Westminster Ave.	Garden Grove, CA
Huntington Beach Best Friend Dog Park	Located in HB Central Park @ Edwards & Inlet Streets	Huntington Beach, CA
Irvine Central Bark	6405 Oak Canyon	Irvine, CA
Laguna Beach Dog Park	20672 Laguna Canyon Road	Laguna Beach, CA
Laguna Niguel Pooch Park	31461 Golden Lantern	Laguna Niguel, CA
Laguna Woods a Place for Paws Park	Ridge Route Drive	Laguna Woods, CA
Long Beach Dog Park	5201 E. 7th St.	Long Beach, CA
Seal Beach Arbor Dog Park	4665 Lampson Ave.	Los Alamitos, CA
Barrington Dog Park	333 S. Barrington Ave.	Los Angeles, CA
Hermon Park in the Arroyo - Seco Dog Park	5566 Via Marisol	Los Angeles, CA
Runyon Canyon Dog Park	2000 N. Fuller	Los Angeles, CA
Silverlake Dog Park	1850 W. Silver Lake Drive	Los Angeles, CA
Griffith Park Dog Park	North End of the John Ferraro Soccer Field on N. Zoo Drive	Los Angeles, CA
Whitnall Off-Leash Dog Park	5801 1/2 Whitnall Hwy.	North Hollywood, CA
Orange Dog Park	190 S. Yorba Street	Orange, CA
Alice Frost Kennedy Dog Park	Within Vina Vieja Park 3026 E. Orange Grove Blvd.	Pasadena, CA
Rancho Santa Margarita Canada Vista Dog Park	24328 Antonio Pwy.	Rancho Santa Margarita, CA
Redondo Beach Dog Park	200 Flagler Lane	Redondo Beach, CA
San Clemente Baron Von Willard Memorial Dog Park	301 Avenida La Pata	San Clemente, CA
Santa Clarita Central Park	27250 Bouquet Canyon Road	Santa Clarita, CA
Sierra Madre Dog Park	611 E. Sierra Madre Blvd.	Sierra Madre, CA
Laurel Canyon Dog Park	8260 Mulholland Drive	Studio City, CA
Westminster Dog Park	1234 Pacific Ave.	Venice, CA