



Improve Your Health By Walking Your Dog



Do 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 and Prevention

Walking 10 Minutes At A Time Is Fine:

Even 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 a 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 AND RESOURCES



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



Walking tips for your dog:

- Supervise your dog around young children
- 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

Prevent A Dog Attack

- **Avoid other dogs.** Cross the street if you see a dog you do not want to encounter.
- **Make some noise.** Yell "No!" or "Go Home!" in a deep loud voice.



- **Carry an object.** Consider carrying a stick or other object that you can use to scare away a threatening dog.

Dog Parks In Los Angeles:

Barrington Dog Park	333 S Barrington Avenue, Los Angeles, CA 90049
Griffith Park Dog Park	Located at north end of the John Ferraro Soccer Field on North Zoo Drive Los
Hermon Canyon in the Arroyo Seco Dog Park	5566 Via Marisol, Los Angeles, CA 90042
Laurel Canyon Dog Park	8260 Mulholland Drive, Studio City, CA 90046
Runyon Canyon Dog Park	2000 North Fuller, Los Angeles, CA 90046
Sepulveda Basin Off-Lease Dog Park	17550 Victory Boulevard, Encino, CA 91406
Silverlake Dog Park	1850 W Silver Lake Drive, Los Angeles, CA 90026
Westminister Dog Park	1234 Pacific Avenue, Venice, CA 90291
Whitnall Off-Leash Dog Park	5801 1/2 Whitnall Hwy., North Hollywood, CA 91601

Try either long walks or short frequent walks.

Aim to get 150 minutes of walking per week !