

TOP 5 REASONS TO WORKOUT WITH YOUR DOG



- 1. Exercise provides all the same disease fighting benefits for dogs as it does for us.**
- 2. It's an equal workout. Dogs burn close to the same amount of calories as we do.**
- 3. They walk/run at a similar speed. You and your dog can move at a pace that challenges you.**
- 4. They need the social interaction as much as we do. The perfect workout buddy !**
- 5. They keep us motivated. Who could say no to that face ?**

