



Photo via [Pexels](#)

Tips and Resources to Help Your Dog Get Exercise in Any Weather

At the end of a very long day, exercising may be the last thing on your mind. However, it is vital that you do a bit of exercise daily to maintain a healthy lifestyle, and the same goes for your canine companion. Even when activities like playing in the yard are not possible due to rainy weather, there are ways in which you can help your pets exercise and keep them healthy. Here's some helpful info from [Holistic Pet Vet Clinic](#).

The Importance of Exercise

For good fitness levels and overall well-being, regular exercise is important for everyone (including dogs). In fact, approximately [54% of all dogs](#) in the US suffer from obesity, and it is considered the Number 1 preventable disease. The lack of regular exercise can bring on several health issues, especially if you have an elderly dog who needs to keep moving to [help with joint pain and discomfort](#).

So as a dog owner, you need to let go of lethargy and adopt ways to exercise your dog, which can have health benefits for both of you. The benefit for you can be to lower your stress levels both by walking as exercise and being outdoors. Taking time to be happy is a great stress management tool, and can definitely lift your mood beyond the experience itself.

The following are some suggestions for how you can ensure regular physical activity for your four-legged friends even if the weather isn't cooperating.

Take a Walk

The easiest way to ensure your dog gets more movement is to take regular walks together. This can be simple if you live in a walkable neighborhood, and there are tools that can help you find a good walking spot if you don't. Consult a [Walk Score map](#) of your community to find the best walking places nearby. Locations highlighted on the map indicate the most walkable places in your area.

Take Advantage of Stairs

Often during very bad weather, such as severe thunderstorms, you are unable to take the dogs out for a walk but [you can still exercise him indoors](#). If you have a stairway in the house, jog up and down with your dog to give him regular exercise. Even treadmills can work, but ensure that you give the dog time to familiarize himself and take all necessary precautions.

Sign Up for a Class

There are several options today, like indoor agility, doga, doggie gyms, and swimming classes that you can sign your dog up for when you cannot take him out to exercise. A good doggie daycare center is another good option, provided your dog is comfortable there. These are especially helpful options if the weather is overly hot.

Be Adaptable

Wet or snowy weather may make the yard too muddy, but there are other places you and your dog can play between showers. A quality hardwood deck can provide a great place to enjoy nature, but without the mud. Not only are these decks beautiful, they are resistant to the scratches and gouges often caused by your dog's nails. So they're the perfect place to play when you're tired of being stuck indoors.

The durability of the deck is great for all seasons, whether you're experiencing high temperatures, rain, dust storms, or snow. You can install a sun shield and misters for balming summer evenings when you and your pup want to enjoy the sunset, or shovel off some new snowfall for a safe place to play and take in the winter view.

The garage can be another good place to play, especially if you can park your car outside for a bit. You're likely more comfortable letting your pooch roughhouse there than in the living room, so you can both get some energy out through tug and running games.

Go for Play Dates

Exercising alone can be boring, so organize play dates for your pet by inviting or visiting friends/family members who have dogs. You can also [ask your pet sitter](#) for help if you do not know anyone nearby. They will know people with dogs and places like dog parks or pet-friendly cafés where you can meet up.

Play Fun Indoor Games

Dogs are blessed with a heightened sense of smell, and you can use this to [play indoor games like Find It](#). Use treat toys to hide their food, so that they will have to run and jump about with the toy to get to the treats. Dogs love chasing games, so attach his favorite stuffed toy to a rope and make him chase it around the house.

If the weather is keeping you stuck indoors, remember that it's important to create an atmosphere that's comforting and relaxing for everyone. Dogs are particularly tuned in to [how we feel](#), and they can pick up on our stress levels even when we try to hide it. Lowering your stress can actually benefit both you and your pet. Try surrounding yourself with things you like, as well as a few dog-safe plants, can make a huge difference in the way you feel when the weather keeps you from enjoying the outdoors.

No Matter What - Keep Moving

[Exercising your pet](#) – even when you can't play outside – can be fun when there is enough variety in the routine. Trying new activities will make you even more excited to spend time with your pet. However, keep certain factors in mind like your dog's age, breed, health condition, etc. before trying a new exercise regimen. Do not force any activity if the dog does not seem comfortable with it. After all, exercising is meant to be a fun time that pets and their owners can bond over.

For high quality integrative medicine and care for your pet, visit [Holistic Pet Vet Clinic](#) today!