

How to keep your pup healthy and active

By Nicole Gaich, Moonshine Ink

It's almost that time of year. The snow is melting, trails are emerging, and the thoughts of swimming are getting closer and closer ... they can smell it. Tahoe dogs love their spring and summer activities just as much as their people.

Here are some tips to help get your favorite trail buddy conditioned and ready for the next adventure.

A dog's body is a machine, and if conditioned properly, she can sustain a healthy, active lifestyle. Every dog has different needs, though, and finding a balance of cardiovascular activity, strength training, diet, and supplementation (recommended by your veterinarian) is vital. Regular exercise for your dog will provide many benefits: it strengthens and builds muscle, increases flexibility and range of motion, promotes balance and coordination, increases mental stimulation, provides an outlet for excessive energy, aids in weight loss, and – best of all – strengthens the bond between you and your dog. I encourage a visit to your veterinarian before starting any new workout program, introducing a new activity, or checking out a suspected injury for your pet.

Read the whole story