

Walking for Health!

Keeping you and your dog fit



Health benefits for you and your dog

- Improves heart health
- Helps you both relax
- Introduces you to other dog owners
- Helps you connect with your neighbors
- Prevents obesity
- Strengthens your bond with your dog

Additional benefits for your dog

- Improves your dog's behavior
- Reduces excessive barking
- Helps your dog find its way home if lost

Did you know walking your dog could improve your health?

- Adults should engage in 150 minutes of moderate activity per week (e.g., brisk walking).
- Just one 10-minute walk with your dog, 3 times a day, 5 days a week, can meet this goal.

3 TIPS TO KEEP YOU AND YOUR DOG FIT

TIP 1: GET READY BEFORE YOU TAKE YOUR DOG FOR A WALK

Protect your dog. Your dog should be up-to-date on its vaccines and dewormed. Some dogs cannot handle long walks because of health or other issues. Always check with your veterinarian first!

Train your dog. Make sure your dog is used to walking with a leash and being around other dogs and people.

Check the weather. Avoid walking on hot days: Your dog can get heat stroke. Feel the temperature of the pavement—contact with hot ground can burn a dog's paws.

TIP 2: GET SET FOR YOUR WALK

Bring plenty of water for you and your dog; poop bags and a 6-foot leash; and sunscreen, hat, and sunglasses.

If walking at night wear reflective clothing and bring a flashlight.

TIP 3: GO FOR A WALK!

Pick up after your dog. Use poop bags, then throw them in the trash.

Take frequent water breaks. Monitor your dog's breathing and activity level.

Obey traffic laws. Always cross at pedestrian crossings.

Control your dog. Be alert when meeting other people or dogs to prevent dog bites.

After returning from a walk with your dog, always...

Make sure your dog gets plenty of water and rest. Even if your dog still looks excited after a walk, it needs to rest and rehydrate.

Check for ticks, foxtails, and damage to your dog's paws.

Foxtails can bury in your dog's skin and cause problems. Ticks can transmit diseases to both people and pets. *Don't forget to check yourself for ticks, too!*

Learn more about exercising with pets

2020 Healthy Pets Healthy Families (HPHF):

<http://publichealth.lacounty.gov/vet/HealthyPetsHealthyFamilies.htm>

HPHF – Pet and human obesity prevention:

http://publichealth.lacounty.gov/vet/HPHF/HPHF_Obesity.htm

Interested in engaging your community in more walking activities? We can help!

We are forming dog-friendly community walking groups. For more information, phone (213) 989-7060 or email vet@ph.lacounty.gov

Need more information?

Los Angeles County Department of Public Health
Veterinary Public Health

Phone: (213) 989-7060 Website: publichealth.lacounty.gov/vet/

