

1912



GH Loves Pets

THEN GH featured pets on our covers for decades—long before we considered them “fur babies.”

NOW A 2018 survey by the Humane Society of the United States found that 95% of pet owners consider their pets family. Our pet pages help keep them healthy and happy.



BORN *to* MOVE

As the saying goes, a tired dog is a happy and well-behaved dog. Here's how to find the right exercise for your pup and why it's important for them to get active.

by **LIZZ SCHUMER**

Regardless of age, breed, size or disposition, all dogs need daily physical activity. Courtney Briggs, head dog trainer at Zoom Room, recommends at least 30 to 60 minutes of exercise a day as a general rule for most dogs. Consistency is key: Similar to the way proper training can prevent injury in someone who is new to, say, running, a daily exercise regimen keeps your pet in good shape and can help them avoid injuries, explains Jo Myers, D.V.M., a Colorado-based veterinarian who works with JustAnswer.

NEEDS FOR DIFFERENT BREEDS

Dogs with long spines, like dachshunds, benefit from having a strong core, so daily activities that keep them limber and slim are important. Sporting breeds such as terriers and retrievers generally do well with intense workouts, e.g.,

running or swimming. Working dogs like huskies and bully breeds often enjoy endurance exercise, including long walks or trips to the dog park. Briggs suggests researching your dog's background or mix of backgrounds—or, if you're in the market to bring home a furry friend, matching your new family member to your lifestyle. “If you don't love to exercise, select a more easygoing breed such as a basset hound, a French bulldog or a Great Dane, or adopt a senior dog,” she advises. Exercise is also essential for mental stimulation and can improve dogs' behavior overall. Giving them a chance to explore new smells or engage with puzzle toys will tire them out in a different way. “Dogs find it easier to cope with stressors, obey, rest quietly and entertain themselves when their brains are happy and their bodies are satisfied,” says Myers.

TAKE IT SLOWLY AT FIRST

As with people, older dogs generally don't move as fast as younger ones, and pets who haven't been exercising regularly need to condition their muscles for longer sessions. That's especially true if they're carrying extra weight or they have any health conditions, regardless of age. Extra wear and tear on overloaded joints can contribute to arthritis and increase the risk of acute injuries like torn knee ligaments. If your pet has been sedentary for a while, start with short, slow walks or play sessions and build up over time.

Every dog is different, so pay attention to their pace and their behavior after the exercise sessions, Briggs advises. If they're lethargic, panting excessively, limping or walking stiffly, dial it down next time. That's especially important in cold or hot weather. Cold can exacerbate arthritis and be tough on older pets' bones and joints. Hot weather can cause them to overheat, so take shorter walks as the mercury rises. And as your pet ages, their needs will change. Before starting any training regimen, check with your veterinarian.



2018

A royal wedding for the “spare”: Harry and Meghan marry at St. George's Chapel at Windsor Castle.



2020

In a remarkable scientific feat, the COVID-19 vaccine receives emergency use authorization, less than a year into the pandemic.



2021

Kamala Harris is sworn in as Vice President, making her the first female, first Black and first South Asian person to hold the office.



All dogs, regardless of size, need daily exercise. Walks work well for older or smaller dogs; high-energy games of fetch are great for larger breeds and puppies.

BUILD YOUR BOND

Exercise isn't important just for your pet's physical and mental health; it's also a great way to bring you and them closer. Think about how you like to move and then get your dog involved, paying attention to their unique needs and abilities. "Being active is as essential for a dog as eating, drinking and sleeping," Myers says. Involve your high-energy pup in hikes or runs, or play a game of fetch in your backyard or a nearby park. Swimming is also a great low-impact activity for seniors or less active breeds, but make sure your dog can swim and equip them with a life vest for safety if necessary. If you take your dog to off-leash areas like parks or beaches, make sure they have consistent recall abilities and come when called every time.

If those skills are a little rusty, training can help get your pet ready to have fun in unleashed spaces and also give them the mental and physical stimulation they need. Reactive dogs who get overstimulated by other animals or people still need frequent exercise but benefit from shorter spurts so they don't get overwhelmed. Consider shorter, more frequent walks or play sessions for them.

Finally, remember that exercise should be pleasurable—for both of you. If you find an activity you like, you're more inclined to make it a habit, and there's nothing more fun than watching someone you love have a great time. "Enjoy watching the way your dog will run and play essentially any time they get the opportunity," Myers adds. "Let that motivate you. Bring some play into your life and see how it makes you both smile." ★

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2021

SpaceX launches four private citizens into space, the first time a manned spacecraft has entered orbit without astronauts on board.



2022

Anheuser-Busch promotes its canned cocktail, Cutwater Spirits, in a Super Bowl ad, signaling a new level of popularity for the "buzzy" beverages.