



If Your Dog Is Fat You re Not Getting Enough Exercise!: How to Lose 15 Pounds in 30 Minutes (Paperback)

By Patricia Ann Brill

Functional Fitness, L.L.C., United States, 2013. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Walking your dog can be a purposeful, physical activity that can have health benefits for humans as well as canines. Dog walking can renew your interest in being active and contribute to a more physically active lifestyle for both you and your dog. Dogs can be a tool to help you obtain your optimal weight, help you have a positive outlook on life, decrease stress, and increase levels of happiness. So, take your dog for a walk. You ll see that after awhile, your dog will make walking a part of your daily routine. Just think, you can always teach them to fetch your walking shoes. The intent of this book is twofold: 1) To provide a way for owners and their dogs to adopt a more physically active lifestyle and obtain a healthy weight; and 2) To help find loving families for dogs in need by encouraging people to adopt those dogs.



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