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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Agility Fun On A Rainy Day

By Brad Carlson

Ok, its raining outside again for the past five days. I want to train my young pup, but what can I do, I feel we're both stuck inside and bored.

Break out the pause table. Or keep one in your living room as a continuous fixture as we do. The pause table is a magical training box that brings out the best in sit stays, down stays, "Go" and "Come". Building your "Go Table": develop your distance from the table in small increments, send your dog to the table as you move further and further away from the table, wind your way into other rooms. Follow your dog to the table at a distance, always staying behind him.

Get a second table so that you have two pause tables that you can use at the same time. Start with the tables about 10 feet apart. Send your dog to one of the tables, "Go Table, practice sit stay, you move to the opposite side of the other table, call your dog to the table, "Come Table". Build distance by moving the tables apart and into other rooms.

Setup two chairs like a jump, but don't use a jump bar. Have your dog go between the two chairs like jump uprights. Practice with your dog at different angles to the chairs and different distances. Use four or more chairs and have your dog weave between them. You may need to start on leash until your dog gets the idea of weaving with the chairs.

Practice your directional commands around sofas or stuffed chairs. Starting with your dog on leash walk up to the end of the sofa, use your "Out" command, with the leash guide your dog away to one side of the sofa, while you walk on the other side. Make sure you work your dog on both of your sides, sending your dog "Out" from your left side and then "Out" from your right side. Practice with different pieces of furniture and at varies distances.

Brad Carlson is a dog trainer at Agility by Carlson. For more training details, visit our website at

<http://www.carlson-agility.com/>

Pit Bull Terrier Dog Agility Training

By Tim Amherst

Entertaining your American Pit Bull Terrier with dog agility training is an excellent activity that can be fun for both you and your Pit. It is something that both of you can do together that will strengthen the dog-owner bond.

Pit Bull agility training is one of the more advanced types of dog training, but it is certainly quite enjoyable. Dog agility is an activity that has become very popular in England, Australia, and the United States. It consists of a main event with multiple dog courses set up to compete in. All of the courses contain roughly 26 obstacles. In order for your dog to win, he must finish the course without any faults in the fastest time. This is an activity that certainly takes patience and a lot of practice.

Many of the obstacles that are included in agility courses need extensive training in order to master. There are two basic types of courses, jumping courses and agility courses. Jumping courses are full of obstacles which your dog must clear, such as jumps which your dog has to make it over without knocking down, and weaves which your dog must stay in until the very end. In dog agility courses there are contact points on the obstacles which your dog must touch with his paws.

Dog clubs do not allow puppies under the age of one year to participate in agility exercises. A great many agility enthusiasts actually own their own equipment so that they can begin training with their dog at a much earlier time. Jax is a company which makes training obstacles in case you are interested in doing this.

Much of your dog's agility training must be done before you enter the very first show and your dog should have no trouble running the entire course. It is an extremely exciting and challenging activity and can certainly improve the bond between you and your best friend.

To learn all about owning, raising, and caring for American Pit Bull Terriers, visit

<http://www.PitBullsRevealed.com/>

today!



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