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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How Long Should You Run Your Dog For?

By Adam G. Katz

How Long Should You Run Your Dog For? by Adam G. Katz

Dear Adam:

I have a Shepherd/Malamute "Newt." She's great. I have a couple of problems with her but I won't waste your time with them as I have found them addressed at your site and in your book.

I "run" Newt in the bush, she is either in front of the truck or behind it, running as fast as she can. I stop when she slows down and we take a 5-10 minute break. Each time we stop, I open the door to the truck and let her decide if she's had enough. Lately it's been me who has had enough (she wants to run for longer and longer periods of time) and I tell her to get into the truck. My question: Should I limit how far she runs (for her own good) and can it be too cold for a long run?

Regards,
Sally.

Dear Sally:

Thanks for the question.

To be honest... I don't know.

Usually my advice is to let common sense rule. But to be specific, it's really a health question that you should consult with your veterinarian before beginning any extensive exercise program with your dog.

As a general rule, you need to build up your dog's endurance. I usually start a dog at a 10 to 15 minute jog, and over the course of several weeks, gradually build up the duration to anywhere from 20 to 40 minutes, depending on your dog.

By the way... it's best to run your dog on dirt, gravel, sand or grass. Running your dog on concrete should be avoided if possible.

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To read more of my dog training ramblings, read about my book (click below): <http://tinyurl.com/4efaq>
Secrets of a Professional Dog Trainer!

Author, "Secrets of a Professional Dog Trainer!" which you can read more about
at:<http://tinyurl.com/4efaq>

Do you have a dog day care business plan?

By Kelley Blackston

Do you have a dog day care business plan? by Kelley Blackston

If you are considering opening a dog day care, then you need to make sure you have a dog day care business plan. A solid dog day care business plan will help you get started in the right direction.

My name is Kelley Blackston and I run a successful dog day care. The reason our dog day care has been such a success in our local area is because we have stuck to our dog day care business plan.

By making sure things are organized we avoid the pitfalls that many people have to suffer through when starting their dog day care business.

It would be very difficult for us to have a profitable dog day care if we did not have a solid dog day care business plan.

A dog day care business plan requires that you take into consideration the cost of resources and understand the laws of your area.

Be sure that your dog day care business plan takes into account all the various needs of your dogs and their owners.

You always want a strong dog day care business plan so that your dog day care business will continue to grow each and every week.

My main piece of advice for you is to make sure your dog day care business plan is very organized and easy to follow. Don't make it more difficult than it has to be!

Good luck with your dog day care business plan.

Kelley Blackston P.S. You may use this article in your publication, but the content and signature file must remain intact. Thank you. "Thousands Have Discovered This Little Known Secret To Making Money With A Dog Day Care -- Now It's Your Turn..."<http://www.startadogdaycare.com>

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