



*Sedgwick County...
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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

Sedgwick County Health Department: Do it for the Dog!

(Sedgwick County, Kansas) – Saturday, October 3 the Sedgwick County Health Department will attend at the 12th annual Kansas Humane Society's Woofstock Event. The annual event is held at the Sedgwick County Park from 9:30 a.m. – 3 p.m. The occasion offers a great opportunity to spend time with your dog and get extra steps in your day – both for you and your furry friend.

Visit the Sedgwick County Health Department booth and receive a free pedometer and/or bottle of hand sanitizer. The health department booth will focus on the importance of health, not just for the humans in your household but your pets too!

Regarding your pet's health, did you know secondhand smoke is a hazard to *everyone* who breathes it, including your 4-legged friends? Dogs and cats that live with smokers have an increased risk for cancer and respiratory problems. Curious dogs and cats may come across another tobacco-related hazard: eating a cigarette or other tobacco product that is left within paws' reach. Eating tobacco products can cause potentially fatal poisoning.

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Another important and often overlooked health impact on your dog is the amount of physical activity he/she gets. Owning a dog should be a positive health benefit for both the owner and Fido. Owning (and regularly walking) a dog decreases: blood pressure, triglyceride levels and cholesterol. Lastly, there's a positive, confident feeling that results from "leading your pack" whether that be one dog or more.

Follow these tips to get started improving you and your dog's health:

- **Keep moving.** Limit the number of trees and fire hydrants your dog stops to sniff!
- **Eat after you walk.** In the wild, the reward of the "hunt" (or physical activity) is the meal. Follow this natural example at home; just be sure to not overeat.
- **Focus on your body.** Tighten your stomach and leg muscles as you walk to get more out of your walk.

"If you need extra motivation to quit smoking or increase your physical activity, look at your 'best friend,'" said Sedgwick County Health Department Director Claudia Blackburn. "If nothing else, do it for the dog!"

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