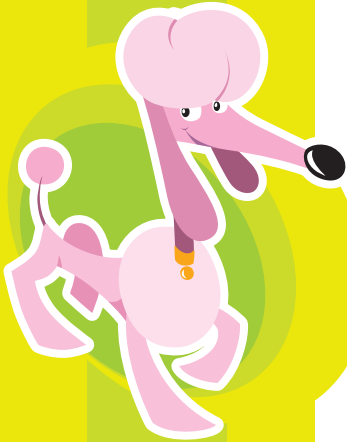


DO IT FOR THE DOG!



Your Dog does so much for you..... **HE'S**
...YOUR BEST FRIEND
...YOUR SECURITY SYSTEM ...YOUR VACUUM, AND EVEN
...YOUR PERSONAL TRAINER!


Owning (and walking)
YOUR DOG
can decrease your:


BLOOD PRESSURE
CHOLESTEROL
TRIGLYCERIDE LEVELS


FEELINGS OF LONELINESS




Need **TIPS** on how to get started improving
YOU and your **DOG'S HEALTH?**

 **KEEP MOVING** – Although dogs often like to stop to “smell the roses” (or fire hydrants), limit the number of breaks you take.

 **FOCUS ON YOUR BODY** – As you take steps, tighten your stomach, arm and/or leg muscles.

 **EAT AFTER YOU WALK** – In the wild, dogs walk for miles to search for food. The reward is the meal: follow this natural example (but don't overeat!).

 **DO IT FOR THE DOG** - Pets need to get out of the house and yard to exercise their minds and bodies for at least a half an hour per day.

*Take care of your dog's health by
taking care of your own at the same time!*

For more information on smart steps to take to a healthier life, call the **Sedgwick County Health Department** at **660-7350**, or visit www.sedgwickcounty.org.



*Sedgwick County...
working for you*

