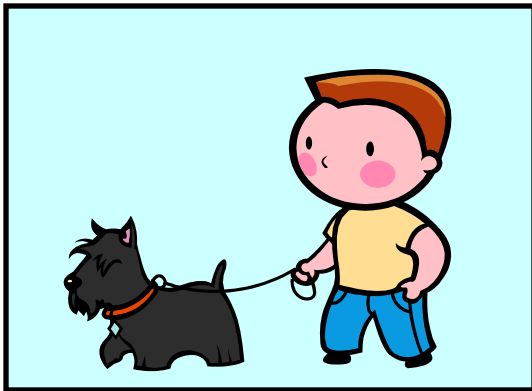


... And B-I-N-G-O was his Name-o

Exercise for you and your dog!!!

- * Did you know that your best friend needs exercise too?
- * We forget that our 4 legged friends need exercise just as much as we do!!!
- * Here are some fun, simple and exciting things for you to do together!



Walking with your Dog!!!

- * Put your dog on a leash.
- * Have enough water for you and your dog if it is a long walk.
- * Try not to go in the middle of day.
- * Start out with a short walk then keep adding more distance every day.
- * Just like us, dogs do well with routines, so start it and stick with it!

Go to the Park!!!

- * A park is a great place for you & your dog to play Catch with a Frisbee or Tug-Of-War.
- * Catch is very easy and can be done with any sort of toy, dogs seems to like Frisbees. To add a twist, throw it and then race your dog to where it landed.
- * Tug-of-War should be played with a toy (not a sock). Add a twist by doing crunches or sit-ups while playing so that when you lie back you are pulling and then they pull when you sit up.

