



# EXERCISING & TRAINING YOUR DOG

✓ **Reduces Boredom**  
Lack of mental and physical stimulation cause frustration, and destructive behaviours like excessive barking and chewing.

✓ **Stronger Muscles and Bones**  
Strengthens bones, reducing the risk of injuries and arthritis.

✓ **Better Behaviour**  
Helps to reduce unwanted behaviours such as barking, biting, or chewing.

✓ **Mental Stimulation**  
Learning new tricks and commands keeps dogs mentally active and prevents boredom.



  
**Find out more!**

**DOUGLAS**  
SHIRE COUNCIL