



Healthy Pet Tips

Active Pets Are Happy Pets

Engaging in physical activities with your dog or cat is a fun and easy way to squeeze some exercise into your daily routine while forging a deeper bond between you and your pet. Follow these simple suggestions for getting off the couch and getting active!

Take a hike

Dogs should be taken on daily walks for exercise and to stimulate their senses. Try outfitting your pooch with a doggie backpack, which gives him a “job” to do by allowing him to carry water and poop bags. Even cats can be trained to walk on a leash! The fresh air and low-impact aerobic activity is good for your pet—and good for you, too.

Pause for playtime

Schedule a regular time each day to play with your pet. Try setting up an indoor obstacle course with boxes and paper bags for your cat or use couch cushions and pillows. Or take things outside, where you can play a game of fetch with your dog in a fenced yard. Using fun games like these can encourage your pet to be more active and stimulate his mind.

Learn a new trick

Think old dogs can't learn new tricks? Think again. Teaching your dog—or cat—a trick is a great way to get him off the sofa and keep him engaged. Plus, using positive reinforcement techniques such as healthy treats in moderation or extra praise helps strengthen the bond between you and your pet.

Above all, don't forget to make your pet's safety the #1 priority.

- ✓ If your pet tends to be overly enthusiastic during playtimes, keep a watchful eye to avoid sprains, lacerations and other injuries.
- ✓ When enjoying activities outdoors, be aware of any lawn chemicals like fertilizers, snail bait or pesticides.
- ✓ No matter what time of year, always be sure to have plenty of water on hand to quench your pet's thirst and prevent overheating.



Remember, always check with your veterinarian before starting your pet on a diet or exercise regimen.

As a pet owner, understanding the risks to your pet's health is part of responsible care. Look to VPI to protect your pet and your pocketbook from unexpected veterinary expenses. We also offer wellness coverage, which provides reimbursement benefits for wellness exams, dental cleanings, flea and/or heartworm preventive medications and more.

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