



Puppy Exercise Guidelines

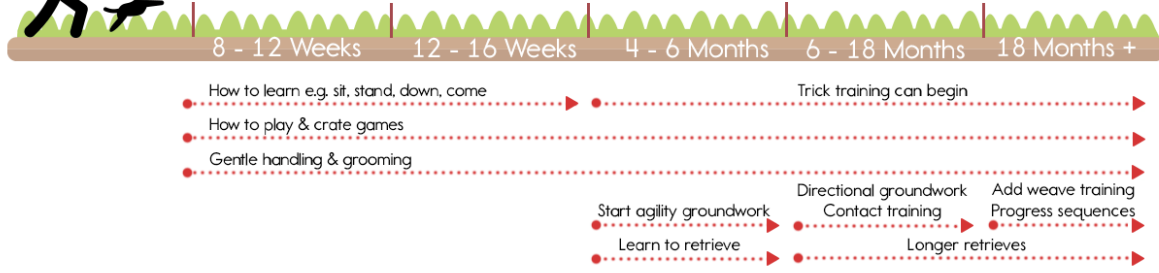
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Guidelines to ensure your puppy gets the right kind & amount of exercise for their age.

Fractures and joint damage can occur up until growth plate closure. (~18 Months)

Basic Training

Brain Training, Basic Skills & Shaping



Sessions should be limited to ~2 minutes at a time until ~6 months of age.

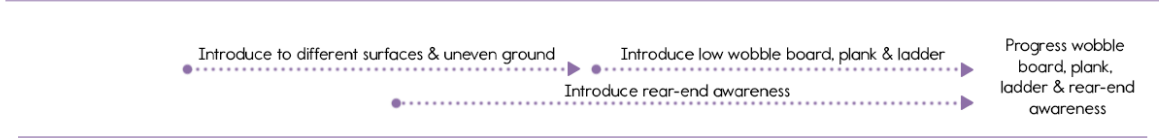
Increase Fitness

Walking, Playing, Hiking, Swimming



Let your puppy volunteer to play / keep going and stop if they show reluctance to continue. Play limited to similar sized / energy puppies. No play on slippery floors.

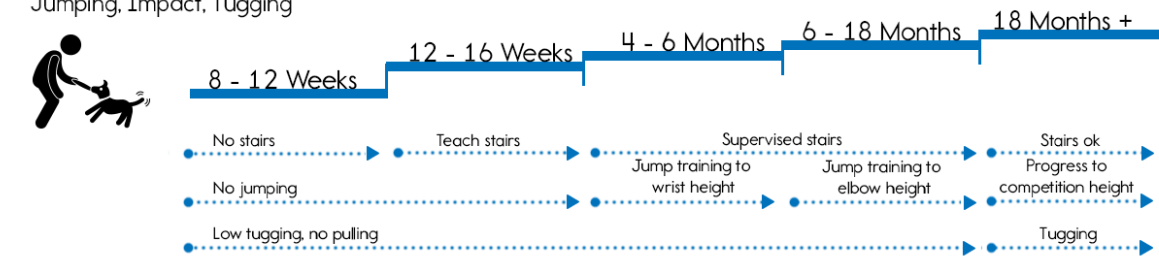
Improve Balance & Body Awareness



Help the brain learn about where the body is, and how it is moving.

Build Strength

Jumping, Impact, Tugging



Always supervise access to furniture, stairs (use gates) and entry / exit from the car until ~18 months of age.