



Benefits of Dog Walking



Going on walks with your dog is a flexible activity that can easily be tailored to you and your dog's needs. It can be extremely beneficial not only for the health of your canine companion, but yourself as well.

Benefits of dog walking on your health:

Improved cardiovascular fitness

Lower blood pressure

Improved mood

Reduced symptoms of depression and anxiety

Increased social interaction and better relationships with neighbors

Stronger muscles and bones

Benefits of dog walking on your dog's health:

Increase activity and improve mood

Reduce rates of obesity and associated conditions, such as osteoarthritis and cardiovascular disease

MedEdMaterials.org

Sources: <https://www.betterhealth.vic.gov.au/health/healthyliving/dog-walking-the-health-benefits>
<https://www.helpguide.org/articles/pets/health-benefits-of-walks-with-your-dog.htm>

