

Keeping Your High-Energy Dog Happy and Healthy

Exercise is an important part of any dog's daily life. But some dogs have a drive to be much more active than others. If they don't have outlets for their energy, their frustration and boredom can even lead to problem behaviours. How do you keep your dog entertained and happy?

Physical exercise, such as walking and playing, is what usually comes to mind when people think about the type of enrichment a dog needs. But what do you do with your dog when it's too hot or cold to take them out for a long walk? There are other options for keeping your high-energy dog entertained on those days.

Mental enrichment is just as important as physical exercise for dogs. There are lots of treat-dispensing and puzzle toys on the market that provide a fun opportunity for your dog to problem solve. Instead of putting their meal in a bowl, use a puzzle toy, kibble ball, or wobbler Kong. It will keep them entertained for at least a few minutes while they work for their food.



Having your dog search for their food or treats is another great way to slow down their eating and provide them with mental stimulation during meal time. Most dogs love to sniff so why not engage that keen sense of smell? Hide caches of food around your home, then release your dog to go find them. You can increase and decrease the challenge by hiding the food in plain sight, or putting it inside or under objects. You can even time your dog to see how quickly they can find all the food and watch how their performance improves.

Another important component of your dog's mental enrichment is training. Whether you want to teach your dog something new or practice previously learned skills, it is a great way to keep your dog mentally engaged, and it strengthens your bond with them. Enroll in a training class or just practice on your own. If you have a more active dog or one that competes in various sports, keeping them fit helps to prevent injury. Working through strength and stability training with your dog keeps their muscles strong and ready for high-level activities. (This kind of training can also be beneficial for older dogs that aren't able to go for longer walks anymore.) It is common for people to workout to stay in shape but most dog owners don't think about this for their furry companions. Some simple exercises you can try include position changes, platform work, and walking backwards.

Physical and mental enrichment are extremely important for keeping all dogs happy and healthy, especially those with high energy. These simple things can hugely impact your dog's life for the better.

