As soon as you bring a puppy or dog into your home on your first day together, this puppy or dog is looking to you and your entire family unit as their new pack. Everyone in the human pack should now assume a new role as pack leader to your dog. This means you are now responsible for establishing clear and consistent boundaries and rules, as well as enforcing consequences for poor decisions made by your dog. Effective leaders also provide their dogs with plenty of exercise and ways to improve their socialization skills. I elaborate on exercise, discipline and affection during my training sessions.

Cesar Millan says that 60% of a dog’s day should consist of exercise. Think about that…..over half of a dog’s day should involve some form of exercise. That’s a lot! But, that’s how much exercise dogs require in order to live a balanced life. I like to break this 60% down by recommending 2 to 3 structured walks every day - rain or shine. A structured walk is when the pack leader and the dog walk side by side in the ‘heel’ position. Every decision is made by the pack leader, including when and where to stop for a potty break. Otherwise, if we leave this decision up to the dog, he or she will choose to stop every 10 feet. Then, who is leading whom?

Another way to provide exercise for your dog is to arrange playdates with other dogs in the neighborhood or take them to doggie day care or a dog park. This is usually fun, but sometimes stressful, for the dog. It’s a great way for them to burn off some pent up energy. Remember, this unstructured play time should never replace the structured walk, but sometimes, it’s all that our human schedules will allow.

Dog training is another way to exercise your dog. This gives them a mental and physical work out. Dogs love to learn new things just like we do. Teach them a new trick or behavior. This is where I come in and can help you train your dog. It’s amazing what we can teach them to do. It just requires patience and a lot of consistent and successful repetitions through positive reinforcement training.

When you choose Canine Concierge as your dog training service, I help you communicate effectively with your dog by helping you understand dog behavior and how to read their body language and energy. I also help you to be the calm and assertive leader your dog needs. Your energy and body language are free tools that are available 24/7. Once you have mastered these tools, teaching a dog a new skill becomes fun and rewarding not only for your dog, but for you too!