FIT FOR LIFE™
PUPPY EXERCISE
GUIDELINES

Scientifically sound guidelines to ensure your puppy gets the right kind and amount of exercise to develop its brain and body for a lifetime of good health and FUN!

**BALANCE & PROPRODUCTION**
Develops coordination of the body parts and a sense of balance. Important to avoid injuries and improved performance.

**SKILL TRAINING**
Teaches the components of the multidimensional moves your puppy will be doing to impress.

**FLEXIBILITY & STRETCHING**
Increases bone density and muscle mass, improves joint strength and movement.

**STRENGTH**
Strengthens core muscles needed for all of life’s demanding and fun tasks in the future.

**ENDURANCE**
Improves mental endurance and increased agility.

**GOOD FOR THE SOUL**
Grass your dog to exercise in a environment, wind, and settings that he gets to bond with you.

### EARLY SENSITIVE PERIOD
**3 to 10 Weeks**
Signs in development of a puppy’s body and behavioral patterns.

- **Introduction puppy:**
  - Playing on a variety of surfaces such as wood, carpet, and grass.
  - Playing on uneven surfaces
  - Contact your dog’s feet and hands

- **Teach your puppy:**
  - How to play
  - How to play with other puppies and people
  - Read the world

- **Start teaching your puppy social interaction:**
  - Intruders and other puppies
  - Cat Play

### LATE SENSITIVE PERIOD
**8 to 16 Weeks**
Signs in understanding and developing puppy’s body and behavioral patterns.

- **Teach your puppy:**
  - How to play
  - How to play with other puppies and people
  - Read the world

- **Start teaching your puppy social interaction:**
  - Intruders and other puppies
  - Cat Play

### JUVENILE PERIOD
**16 Weeks to 6 Months**
Signs in development of a puppy’s body and behavioral patterns.

- **Teach your puppy:**
  - How to play
  - How to play with other puppies and people
  - Read the world

- **Start teaching your puppy social interaction:**
  - Intruders and other puppies
  - Cat Play

### ADOLESCENCE
**6 to 12 Months**
Signs in development of a puppy’s body and behavioral patterns.

- **Teach your puppy:**
  - How to play
  - How to play with other puppies and people
  - Read the world

- **Start teaching your puppy social interaction:**
  - Intruders and other puppies
  - Cat Play

### YOUNG ADULTHOOD
**12 Months to 5 Years**
Signs in development of a puppy’s body and behavioral patterns.

- **Teach your puppy:**
  - How to play
  - How to play with other puppies and people
  - Read the world

- **Start teaching your puppy social interaction:**
  - Intruders and other puppies
  - Cat Play

Went to learn all the exercises needed to keep your man? Visit Fit for Life! at
www.AvidogZink.com