



# See Spot Run: 100 Ways to Work Out with Your Dog

*Kirsten Cole-MacMurray, Stephanie Nishimoto*

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Do you want your dog to be more active, and to run, jump, hike, and play alongside you when you exercise? Getting active begins way before you start training your dog on equipment or on agility courses. You must ramp up your daily activity, interactions, and overall health of the dog and the trainer—you!

From their experiences as puppies to what they eat at every stage of their lives to what they do when they're not in "training" mode, your dog's lifestyle matters. Your canine companion's performance depends a lot on how they view you as their leader; how much impulse control they have, how much focus, and how they channel their energy to the job at hand.

See Spot Run teaches you the basics of canine/owner fitness, including nutrition, getting to know fitness equipment, building a weekly program...and how to stick with the program, and more. Then, the book dives into the instructions for more than 100 sports, games, and activities, teaching you the rules and skills, how to set a training schedule, how to dive in and get your paws wet, and beyond.

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