

The Human Benefits that Come from Walking Your Dog

Some might consider walking your dog a daily chore, but the benefits go beyond just the physical exercise! Did you know the act of walking your dog can improve your overall mental health and help you get better sleep. Ok if you've heard all this before and it still hasn't convinced you to walk your dog more, did you also know that walks can help strengthen the bond you share with your dog. That's an added benefit for you both, especially for the pet parents that are struggling with dog behavior issues at home.

Daily walks bring a multitude of health advantages including: improving your circulation, helping to regulate blood pressure, lowering your risk of heart disease, aiding in digestion and improving sleep quality! This low impact exercise is a great holistic way of bettering your physical health.

The mental health perks of walking your dog are of equal significance! Some might say the rhythmic and tranquil nature of walking also serves as a meditative experience, allowing us to clear our minds and be more present in the moment. According to an article on the *American Psychology Association*, there is a 18% lowered risk of depression among adults who receive half the recommended amount of physical activity per week. Spending time outdoors and engaging in physical activity triggers the release of endorphins, those feel good hormones that help alleviate stress and anxiety!

Engaging in a daily walk can be a powerful tool in your quest for better sleep too and this is where your dog can help! Your dog is the best excuse to get you up and outdoors, they're the best reason to get on a regular routine and can lead to breaking ongoing sleep issues. An article from *SleepFoundation.org* explains that taking part in moderate-intensity aerobic exercises (such as walking) regularly reduced the amount of time it took to fall asleep. It even increased the length of sleep for people with chronic insomnia. Do you need any more reasons than that?

Exercise has so many benefits to both us and our dogs. Dogs thrive on routine and in turn this helps them predict their daily life. Consistent and positive interactions can make it easier for dogs to build confidence and establish trust. Dog walks can also expand their curiosity by allowing them to explore and engage in their surroundings and various stimuli. Giving your dog the opportunity to experience new sights, scents, and sounds can not only improve your pups mental well being but enrich both your lives in the process. So the next time you're out walking your dog, let them do as much sniffing and exploring as they want and don't think of the walk as a chore with the only purpose of walking around the block. You might just be surprised to find yourself daydreaming and relaxing too.

All in all, daily walks are a powerful tool that contribute to a healthier and happier life for both you and your dog. Don't just take it from us, listen to what one of our dog walking employees had to say about the subject:

"I have always been very fond of dogs. I somehow convinced my Mom to get a family dog while my Dad was on a business trip. Now, it is clear to me how much having dogs around boosts my mood and improves my general outlook. Laughter may be the best medicine, but [for me] the company of dogs is surely one of the next



best things. After a long career of sitting at a desk staring at a computer screen, I wanted to do something that would get me moving more. If that something was outside in the sunshine and fresh air, even better. At this point in my life, walking outdoors with “man’s best friend” seems like a good way to go.”

Embrace the routine of walking your dog, and explore the environment together!