Staying Active



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You both want to keep fit and healthy to keep up with your busy life. The activity level required by your companion is largely dependant on their breed, age and size. Some smaller breed dogs burn up plenty of energy scampering around the house all day, where as others need extra exercise to keep them both physically and mentally stimulated. Exercise is an important factor for enriching their lives as it allows them to socialise with other people and dogs and to satisfy their curious nature by sniffing around in a new environment.

Walking
Going for walks in the great outdoors is a fantastic way of keeping fit, as well as enabling your dog to socialise and satisfy that naturally curious disposition. Even if it’s just a short stroll around the block twice a day, walking with your dog provides a great opportunity to spend quality time together. Plus, who knows who you may meet whilst you’re on your travels!

Upping the pace…
Be sure to consult your vet before you and your dog embark on a major fitness challenge.

They will be able to assess whether or not your dog’s cardia, circulatory systems and joints are up to the challenge. And remember, it’s always best to build things up gradually.

Things to notice…
Your little friend will be keen to keep up with you, so don’t overdo it, particularly during the hotter months when heat stress and fatigue can come on quickly. Watch for excessive panting, changing from a pink to bluish colour around the lips and tongue or any other behaviour that is unusual for your dog. There are many nifty drinking receptacles on the market now for while you're out and about. It may be worth investing in a small fold up dish and having some water on hand at all times.

The importance of rest…
Some dogs – for example puppies, older dogs and expectant mothers – should be monitored carefully when exercising. If your companion is a little under the weather, the best option is make sure he or she is rested properly and given the right amounts of food and water. Check with your vet if you’re concerned.

Environmental enrichment…
Exercise is as important to the mental wellbeing of your pet as it is for their physical health. On days where exercise is limited such as busy workdays and bad weather, ensure your dog has other activities to keep them occupied such as toys, long lasting treats or activities that require thought. There are many different products available from your local pet store and supermarket.

Training needs…
Many dogs enjoy some training and even if you’re not wishing to launch yourself into a rigorous obedience regime, it is important that your dog understands how to behave, whether alone with you or out and about with others.

YOUR DOG MAY ALSO LIKE …

Is Your Dog Ready for the Office?

5 Questions to Ask Before Taking Them to a Dog-friendly WorkspaceNo matter what kind of day you've just had at work, there's no better feeling than coming home to a dog overjoyed at your return. Well, there might be one better feeling: bringing your dog with you to work! More and more businesses and pet parents are making the pup-at-work lifestyle a reality. So, if your office is dog-friendly, you just need to determine if your dog is office-friendly. Here are some of the things to consider before taking your junior rex-ecutive to work. Is Your Dog Properly Socialized?Your little go-getter is going to be around a lot of unfamiliar people, dogs, sights, sounds and smells. You know how you feel on the first day at a job where everything is new to you — now imagine that feeling from your dog's perspective! If your furry friend is already well-socialized, adjusting to the office will be much easier (for both of you). Take time at home to reinforce and reward the behaviors you want to see at work and be clear and direct with any cues you give. Otherwise, your pooch will decide for themselves which course of action gets them what they want.Is Your Dog Trained?Dogs don't understand professionalism on their own, so it's up to you to make sure they're trained well and know how to behave. Your dog needs you to teach them that the ride up to your floor isn't a great time to share their elevator pitch by barking and jumping on people. Dogs that want to enter the office environment need to be trained not to run in the hallways, tear into trash cans or pilfer unattended lunches. Your little buddy might be the cutest thing in the building, but they still have to be professional.Does Your Dog Have Office Gear?Your new favorite officemate won't need their own laptop, earbuds and travel mug, but they will want some of their own supplies. For example, if your typical day keeps you in meetings or focused on a screen, your dog will have a lot of time to wait patiently or nap, and that means a bed, mat or blanket. Before you two start carpooling, get your pup acquainted with their workplace bedding, meal dishes, toys and other items at home — that way they'll recognize a few things the minute they clock in. Which Routines Should Your Dog Keep?Maintain consistency for your canine co-worker when it comes to things like food and treats — simply bring what they'd be enjoying at home to the office with you.This provides the comfort of the familiar and reduces the chances you'll be cleaning up after a nervous stomach. And try to make your first commutes in a vehicle your dog knows and trusts — it's definitely not the right time to experiment with using a ride service or public transportation. Is Your Dog Up to Date with Shots and Vaccinations?You don't want to risk your pup catching or spreading anything unpleasant — especially with so many unknown dogs in an enclosed space. There are a number of vaccinations your dog should get on a regular basis, regardless of their employment status. Before your little pal gets their own ID badge and key card, it's a good idea to visit the vet and be sure there are no health issues that might affect your dog's office adventures.You've bonded with your furry friend in so many ways. Now you have the opportunity to extend your shared experiences to a dog-friendly workplace. We'll get you started with Hire My Dog, where you can use our dog résumé builder to help get your pup placed in no time. If your buddy is ready to take this next big step — from dog park to office park — there's a whole new future ahead for you both!

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Little Nuggets about Small Dogs

There’s so much to learn about small dogs. And life with your canine companion has probably taught you an awful lot already.You know how loyal they are and how much they love to curl up beside you on the couch. You know how easy it is to take them anywhere and that it’s best to feed them food and treats specially formulated to meet their unique nutritional requirements.But there are some things we bet you didn’t know. Some are useful, some are interesting and some are just plain fun. So here are a few little nuggets about small dogs:1) When your small dog celebrates their first birthday, they are as mature, physically, as a 15-year-old human.2) You know the little dog sitting between the boy’s legs on the side of the Cracker Jack box? His name is Bingo.3) Your small dog has no sense of time! So, they will give you that same energetic welcome every time you walk through the door – no matter how long you’ve been out of the house.4) One of the most-common health problems among dogs is obesity. Ensuring you give your small dog proper nutrition, without overfeeding, is so important. And with the right amount of exercise, your canine friend will be healthy for years to come.5) Most small dogs travel well in a car. But you can even take your small dog on a plane with you. Many airlines will let you two travel together with their carrier safely stowed underneath the seat.6) The Chihuahua is commonly regarded as the smallest breed of dog in the world. And just like human babies, Chihuahuas are born with a soft spot in their skull which closes as they age.

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Food for Life

PUPPIESGrowing puppies have unique nutritional needs, compared to their adult counterparts. It takes a lot of energy to grow, learn and play. Puppies have very little tummies, so to make sure they get all of the food they require, it is best to feed them 'little and often' throughout the day. If you are unsure, please check the feeding guide found on all of our products. Treats are valuable for teaching behaviour that you wish to reward, but for the rest of the time, the best thing for your puppy is to feed a good quality, complete and balanced diet, specifically prepared for puppies.ADULTSAs your favourite little friend reaches maturity, it's a good time to settle them into a regular feeding routine that can remain pretty much unchanged until they reach their 'senior years'. Feeding a CESAR® diet specifically formulated to meet the nutritional needs of your adult dog, will help ensure your loved one will remain happy, healthy and full of vitality. With the current range of CESAR® on offer, you can rest easy that there are plenty of options available in terms of taste, texture and variety that even the most discerning pup will be happy with.FEEDING TIPSKEEPING THEM FIT AND HEALTHY FOR LIFE1. Feed your adult dog twice a day if possible.2. While it's lovely to share meal times, remember human food isn't designed for dogs.3. Serve meals at room temperature so your little dog gets the best mix of aroma and taste.4. Mix it up. Provide both wet and dry foods for variety and to maintain strong teeth.5. Avoid strenuous exercise for an hour either side of mealtimes – just like us, indigestion can be horrible for dogs!6. Water is an essential nutrient. Make sure your dog has access to plenty of clean, fresh water at all times.* Always read and follow the feeding guideline on pack

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Puppy Living

First puppy-things firstIf they aren’t already, your new puppy will soon be exploring and sniffing every nook and cranny of your place. It’s how dogs get used to their surroundings. Here are a few essentials – things that will help you make your new housemate feel right at home in your home.Crate – Odds are, your new puppy will come home in their new crate. They’re important for helping your new roommate feel safe. And it gives them a place to call their own.Collar and Leash – Get your puppy a lightweight adjustable collar. They’re comfortable and can be lengthened to allow for growth. Attach a retractable leash and your puppy enjoys a feeling of freedom when out for walks.Of course, puppies are naturally curious. So a fixed leash is a good idea too. Get two leashes – one for the car and another to keep in the house for walks.Identification Tag – You know who your new friend is, but not everyone does. That’s why ID tags are so important. Attach them to your puppy’s collar and, if puppy gets lost, it’ll be much easier to be reunited.Puppy Food – Small dog puppies have unique nutritional needs, so it’s important to start them on a puppy formula. These recipes provide all the protein and nutrients needed to foster healthy development.Water Bowl/Food Bowl – Stainless steel double bowls help you keep things clean. Put them in a holder and puppy won’t be able to knock them over – even less chance of a mess.Treats – Don't forget treats for training and rewarding your pup. You have an awful lot to teach your new friend and rewarding them with those tasty treats will help. Just make sure the treats you give them are formulated for puppies – like CESAR® Double Delights™ treats. They’re complete and balanced treats for all your dog’s life stages.Getting ready to bring your new puppy home is an incredibly exciting time. And before you start planning what you two will do together first, grab these must-haves. They’ll help make your new puppy feel at home and help keep them safe.

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