

# 5 Ways to Keep Your Dog Active in Winter

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During cold winter months, it can be tough to keep yourself moving, not to mention your dog! An active dog will be healthier, be more content, and leave you alone! Consider these tips for providing physical stimulation to keep your dog active.

## Take Outdoor Walks

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Just because it's winter doesn't mean you can't go for walks outside! With a little extra effort to bundle up your dog and you, your favorite walk the rest of the year can still be accomplished. If it's below freezing, consider a dog coat and booties to protect their paws from the cold. Try to go for walks at the warmest time of day, usually the early afternoon. And a bonus to outdoor walks — and active dog means an active you!

## Provide Stimulating Treat Activities

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Mental stimulation is important for an active dog during winter. Treat puzzles are a great option to keep them moving, motivated, and mentally engaged, but so is hiding their favorite bone, smeared with a little enticing peanut butter somewhere in your house. You'll enjoy watching them run around from room to room, tail and nose in the air, trying to work out where their treat is hidden!

## Take a Trip to the Dog Park

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Most urban and suburban areas have city-run dog parks these days, and they're a great way to keep your dog active during winter. Large, fenced-in outdoor areas provide a safe environment for your dog to sprint around off leash, and they'll have the chance to make new friends. Some dog parks also offer agility equipment for training, plus dog parks are a great place to take a Frisbee or ball for playing fetch.

## Spring for a Doggie Daycare Session

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Dog parks can sometimes get out of hand if an ill-behaved dog shows up, and not everyone wants to worry about having to break up a dog fight. An alternative that still provides your dog stimulation is a day hanging out with other dogs at doggie daycare. Good daycares are run by professionals who know how to get your dog to release some energy and socialize safely and give you a day dog-free with peace-of-mind knowing their in good hands having a blast.

## Install a Doggie Door

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Doggie Doors are a great way to provide your dog some freedom and provide dog activities winter, summer, spring, and fall. Especially in the early morning or late evening hours, letting them do their business on their own without you needing to freeze outside with them can be a huge luxury. If you're looking for a doggie door, be sure to consider models and companies that provide sound products with strong seals to keep your door and house insulated during those cold winter months. Pet Door Products is a leading manufacturer of high-quality doggie doors and donates 5% of all sales to their local state Human Society. Make your dog's year by installing a doggie door and helping out other dogs in need today! Remember, an active dog is a happy dog and makes for a happy dog owner!