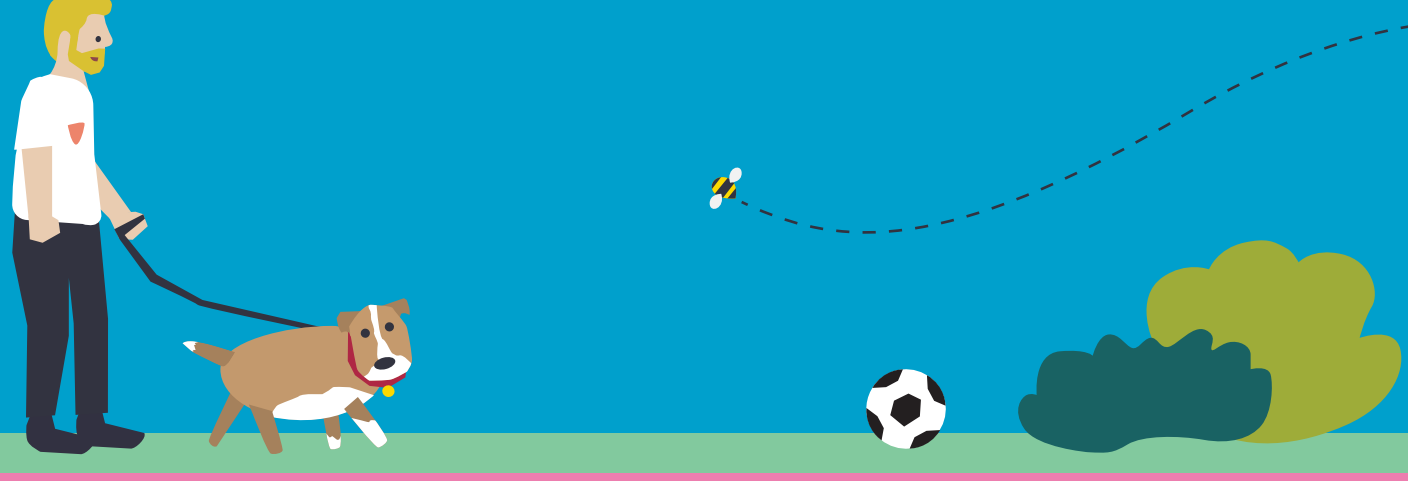


How much should I be walking my dog?

From miniature poodles to labrador retrievers, all dogs need exercise. Here's a quick guide to help you make sure your dog is getting the right amount of physical activity.



Puppies

Puppies need less exercise than fully grown dogs. While small breeds may reach maturity after 6 months, it can take larger breeds up to 18 months before they're fully grown.

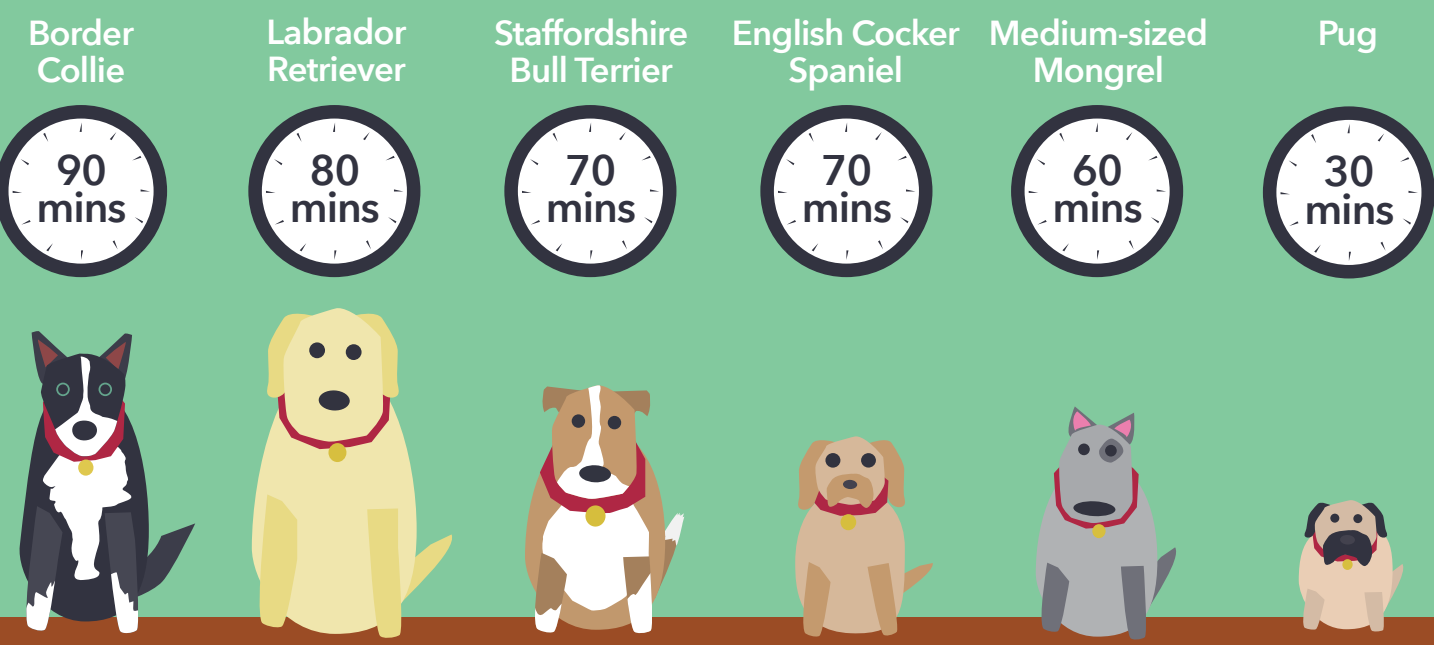
Puppies generally need around five minutes' exercise per month of age up to twice a day.¹



Adults

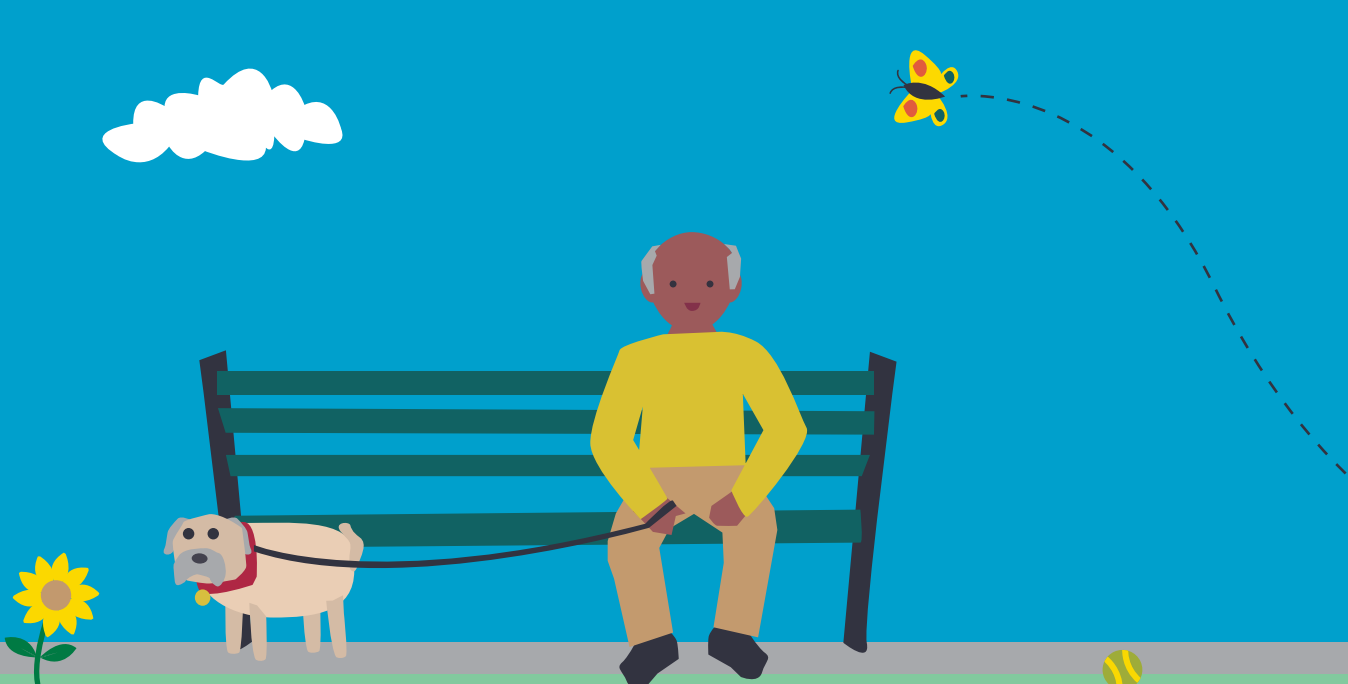
Every dog is different and the amount of exercise your dog needs will vary depending on not only their breed, but also their age, health and lifestyle. Most dogs will benefit hugely from daily aerobic exercise, but every dog is unique. Take advice from your vet and don't forget to listen to what your dog's telling you as well.²

Here are the daily exercise guidelines for some of the UK's most popular dog breeds:



Seniors

Older dogs won't need as much exercise as younger dogs, but it's still important to keep them fit and healthy. Taking senior dogs for walks provides both physical and mental exercise, improving their overall wellbeing.³



Get your dog even more active

On top of your dog's daily walk, extra physical activities that get your dog panting are also great for keeping them fit and healthy.



Signs your dog isn't getting enough exercise



Why dogs need exercise



¹ <http://www.thekennelclub.org.uk/getting-a-dog-or-puppy/general-advice-about-caring-for-your-new-puppy-or-dog/puppy-and-dog-walking/>

² PitPat

³ <https://www.thekennelclub.org.uk/media/8301/senior.pdf>