

Ten Steps to a Healthier Dog

Making a few simple changes and efforts around your house can make your house a healthier place for your dog to live.

1. Vacuum frequently. This effort will not only keep dog hair under control but will help keep your house and dog flea free,
2. Wash your dog's bedding. Again this effort not only makes sense from a housekeeping stand point it will help control fleas by killing the larvae.
3. Food and water bowls should be washed regularly so there will not be a problem with bacteria growth.
4. Fresh clean water is a must for a healthy dog. Dump out the old water everyday/
5. Feed your dog the best food you can afford. Read the ingredients listed on the bag and compare.
6. Pick up dog poop everyday. This can help prevent worms, dogs from eating their own poop and your shoes clean.
7. Don't use pesticides and other chemicals in the area where you dog lives. Choose safe organic compounds instead.
8. A balance of quiet time and play time are both important for a happy, healthy dog. If your dog spends a lot of time at home you need to get them out and if your dog has a busy active life they need quiet time.
9. Exercise! Just like people dog's need a recovery time after vigorous exercise. Older and overweight dogs should have short exercise sessions. Young healthy dogs of course can do more.
10. You should have people over to your home and arrange play dates with compatible canine companions. Dogs are social creatures and generally enjoy time spent with other dogs and a variety of people.

Spend quality time with your dog. Take your dog with you. A dog on the go is a dog in the know. Play and train your dog, give him a massage or just watch TV together. Just like any relationship it takes a healthy balance for it to thrive.