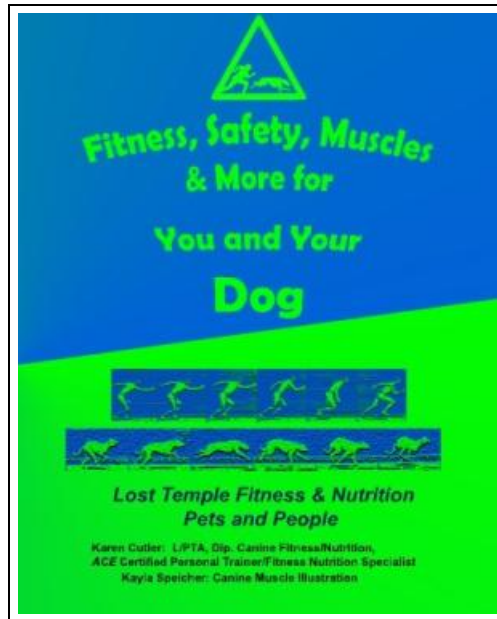


Fitness, Safety, Muscles More for You and Your Dog: Lost Temple Fitness



Filesize: 7.83 MB

Reviews

Excellent electronic book and helpful one. It usually does not cost a lot of. I am quickly will get a pleasure of reading through a written publication.

(Bernardo Feeney Jr.)

FITNESS, SAFETY, MUSCLES MORE FOR YOU AND YOUR DOG: LOST TEMPLE FITNESS



Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Fitness can be described as good health or physical condition, especially as the result of exercise and proper nutrition. In both canines and humans, it is basically just staying in shape . The intention of this book is to show the differences and similarities of the human and canine athlete with regard to exercise and conditioning in conjunction with canine related sports (see other book in Series, Sports Activities for You and Your Dog.) Aerobic capacity, strengthening, balance and flexibility are important to both humans and pets through all stages of life. When people participate in activities with their performance dogs, sometimes they forget about their own well being. It is important to work on muscle balance through strengthening exercises for the body s core and major muscle groups. Endurance and agility training will help improve your dog, as well as your own, ability to accelerate, decelerate and to change directions quickly without pulling a muscle for better teamwork throughout the competition. Sled dogs need endurance training, but so does the human that has to control the sled for hours at a time. It is now estimated that 45 + of dogs and cats are overweight, in comparison to 35.7 of the human population. This can lead to diabetes, exercise intolerance, heat intolerance, locomotion problems, heart problems and arthritis in both humans and pets. This book will help both you and your canine friend live a long happy life, and have fun doing it. If you are just looking for bonding time or are just starting your exercise program, two of the best fitness routines you and your dog can participate in are walking and/or swimming. If you...



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