

SNIFFING OUT SOLUTIONS

FITNESS GAMES



MORE THAN A WALK

DITCHING THE WALK

THERE ARE MANY REASONS WHY YOU MAY DECIDE TO DITCH A TRADITIONAL WALK. MAYBE YOUR DOG IS OVERSTIMULATED BY NOVELTY. MAYBE THEY HAVE AN INJURY, OR MAYBE THEY ARE JUST YOUNG.

Ditching a walk doesn't have to be forever, but we do believe in making sure walking isn't our dog's only means of exercise - and that going on that walk doesn't become routine, at the same time, on the same path, every day.



PLAY!

Play is one of the best ways to exercise our pups. Whether that is with us or on their own.



FOOD

Chasing, rolling, flicking, catching, you can move and animate food in so many ways! Our pups love to work for their food and it's a fun way to get them active.

TOYS

Dogs love toys, both when playing on their own and when we are animating them. Switch out toys often to keep them exciting and keep sessions of repetitive games like fetch short.

CREATING A CONVERSATION



Toss or bowl a piece of food out
for your dog to chase

As they come back towards you,
mark (yes or good) and reward

Send out another piece of food
and play again

Aside from exercise, this game helps
build a strong relationship with your dog

PUPPY PUSHUPS

SIT:

1. Hold a piece of food directly in front of your dog's nose
2. Slowly bring it back over their head
3. Mark when their hindquarters hit the ground and reward



DOWN:

1. Hold a piece of food directly in front of your dog's nose
2. Slowly bring it straight down between their paws
3. Mark when they are flat on the ground and reward



Once you have taught both individually mix and match the two together to create pushups.

PERCH



Perch is when your dog places two paws on an item

Select an item to use, such as a book, wooden box, or container

As your dog looks at, moves towards, or touches the item, mark and reward

Over time increase requirements until your dog is placing both paws on the item

HUNTING & SNIFFING

USE THEIR NOSE!

Enrichment gives our dogs a great opportunity to work their brains - and the opportunity to search and scavenge can be quite the workout! Searching can be about finding food, specific scents, or even people.

SCATTER FEEDING, SNUFFLE
MATS, BALLS, & BOWLS

HIDDEN FOOD AND SCENT WORK
WITH ESSENTIAL OILS

HIDE AND SEEK WITH YOU
OR OTHER PEOPLE

EXPLORATION GAMES
WITH NOVELTY

EXPLORATION

- Scatter food and allow your dog to explore the area
- Add higher value food or make the game easier before assisting
- Allow them to explore on their terms
- **Know your pup**, don't pick items they will chew or ingest
- Never leave them unattended with foreign objects

GROUND

STARTING LEVEL, NO ADDITIONAL ITEMS: GRASS, DIRT, CARPET, OR TILE

BOX

CARDBOARD OR A PLASTIC BIN, START EMPTY, ADD IN QUIET, THEN LOUDER ITEMS

SURFACES

FLAT OR RAISED ITEMS, MAY INVOLVE BALANCING AND DIFFERENT TEXTURES SUCH AS A TARP OR MAT

TOWER

STACKED ITEMS SUCH AS PLASTIC CUPS OR BOTTLES, THINGS THAT CAN SAFELY FALL OVER

FORTRESS

BUILD A FORT! THINK BOXES AND RECYCLABLES, ITEMS YOUR DOG CAN CLIMB IN, OVER, AND UNDER

PARTY!

EVERYDAY OBJECTS, HOLIDAY ITEMS, ANYTHING NOVEL, CAN BE A SMALL OR LARGE AREA

EXERCISE



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