



## Exercise

Always check with your Breeder about exercise limitations for your puppy.

**Great Dane puppies do need exercise**, but many Great Dane owners become paranoid about exercising their puppy because they are a fragile breed when young. Exercise needs to be appropriate for the Breed and age of the dog.

Exercise helps to create good muscle tone that helps keep the dog in good physical shape. If a dog does not have this muscle tone they can easily become injured.

Over-exercise places strain on rapidly growing joints and bones that could create growth problems and / or pain and discomfort in adult Great Danes.

### Types of exercise to avoid with puppies

- Pounding the pavement for long distances.
- Letting them run and run and run until they can't run any more.
- Allowing them to participate in rough play with other dogs.
- Being a jogging partner.
- Running along side of a bike.

Off-lead exercise in a safe area is a great way for puppies to build their muscle tone. Be sure to clip your puppy back on lead before they run themselves down, puppies will just keep going and going if you don't stop them.

10-15 minutes off lead exercise for a puppy under 6 months of age is more than enough and may be too much for some puppies.

A 5-15 minute walk around the block is appropriate for puppies under 6 months of age.

From 6-12 months of age you can start building up distance but no more than 30 minutes of forced exercise per day. Forced exercise refers to leashed walking.

### **From 12 months**

You can start building longer distances up, however be careful not to overdo it until the growth plates close at approx. 18 months.

### **From 18 months**

The growth plates start to close or have closed and you can start building your Dane up to going much longer distances. They can become your jogging partner or start training for their Endurance Title (20 kms) if they are physically sound and healthy.

Be mindful of road work, it is great for their muscle tone however it does take a toll on their joints just like jogging does to ours.

### **Swimming**

Swimming is great exercise for dogs. If you can get your dog to a beach or doggy swimming pool it would be greatly beneficial to your dog.