

Pup-er-cise!

With an ever-growing awareness about good foods and healthy choices, more and more is becoming available to help you improve your dogs' health and vivacity. You feed your dog the right foods and make sure they are getting the proper vaccinations, but do you make sure they are getting the exercise they need? Just like humans, a healthy exercise regiment will help maintain and protect your dogs' mind, body, and soul.

Regular exercise builds strong bones, tones muscles, and increases "happy" hormones. Dogs that get regular exercise are more apt to feel well, sleep well, and encounter fewer health problems. In addition, the extra time spent with your furry four-legged friend, and the increased endorphins, can work to strengthen your relationship with your pooch. Additional benefits include a decrease or elimination of undesirable behaviors such as destructive chewing, anxiety, excessive barking, and more.

Remember, a tired dog is a happy dog!

A couple of things to keep in mind while helping keep your pooch in shape:

- Don't exercise in the middle of the day – dogs overheat easily and are prone to heat stroke;
- Be sure to hydrate – dogs need a lot of cool fresh water when exercising; and
- **HAVE FUN** – exercise with your dog can be fun for both you and him/her!

If you don't have enough time to ensure that your V.I.P. (Very Important Pooch) is getting enough exercise both mentally and physically, doggie daycare is a great alternative. Daycare can help keep your dog active physically and mentally, but it is very important to pick the right daycare for you and your pooch! Enrolling your pooch in a daycare that promotes healthy interactions between dogs and positive reinforcement is important. A few tips to choosing a doggie daycare:

- Be sure to check out the facility before you decide to bring your dog; many facilities offer tours or special play times where you and your dog can visit the daycare to see if it is right for you.
- Does the facility separate the dog groups by size and/or play type? Creating compatible play groups is important for the safety and well-being of each dog in the group.
- Safety is important! Is the staff trained in pet first aid and CPR? Is there a manager on site at all times?

At Ruffin' It Resort, we provide an innovative, exciting and FUN alternative to leaving your four-legged friend alone at home. Your dog can run, play, wrestle, chase, play hide and seek, snuggle up with a buddy, get lavished with attention or simply hang out with friends. They will have free run of our indoor play parks and 11,000 square feet of outdoor play yards, both of which are designed just for dogs. All this while under the close supervision of our Resort Caretakers whose primary goals are safety and fun.

We would be happy to show you around our beautiful state of the art facility, created with our furry four-legged friends in mind. Tours are offered every Tuesday from 11am to 2pm, or by appointment. If you would like to take our virtual tour, check us out on the web at www.ruffinitresort.com.

**Madison's Premier
Doggie Hotel & Daycare!**

**New Customers Only*

**First Day Free!
Special Offer**

If you've never kenneled your 4-legged friend before
because 'nothing is good enough' then
Ruffn'It Resort is for you!



*Visit www.ruffnitresort.com for
a virtual tour or stop by anytime!
For reservations, call -
608.310.4299*

