

20
minutes
twice
a week

THIS MAY NOT BE SUITABLE
for dogs/breeds liable to
suffer from joint disease.

Vets Advice



bat & ball

410
calories
burnt per hour

HITTING THE BALL WITH A BAT WORKS
your **biceps, triceps** and *shoulder muscles*.

Don't grip the bat too hard – keep your hand relaxed. Start by hitting the ball softly underarm, then shout, 'Race ya!' as you and your dog sprint off to go and fetch it.

Once you're more skilled, you can hit the ball harder and add in over-arm strokes to work your shoulder and back muscles. There's nothing like the prospect of winning (or losing!) to spur you on – but because you're so absorbed in the game, you'll hardly notice the extra effort. Just imagine your dogs surprise when you bat a ball for him/her to fetch and you get to it before he does! This game can be done with a friend too. Start by standing a few feet apart and move further away from each other as you progress. Not only is it great exercise for you, but your dog will be exhausted running back and forth trying to catch the ball! It's important to watch for fatigue and stop when your pet needs to.



paw o'meter

