

cycling

20
minutes
three
times
a week

It's not just the gradients that increase both you and your dog's energy expenditure – when you rock the bike side to side to get up a steep slope or 'loft' (pull up the handlebars to get the front wheel over obstacles in the path), you work your upper-body muscles as well as

500
calories
burnt per hour

your legs, bottom and thigh muscles. If you have a puller, this might not be a great option. Your dog **NEEDS** to have excellent lead manners. If he doesn't, look into teaching him to pull you on the bike instead.

Try cycling 3 to 4 times a week for 20 - 40 minutes.

A GENTLE NON-WEIGHT BEARING, LOW IMPACT ACTIVITY that **tones** your legs bottom and thigh muscles, as well as your **back and shoulders**.

Go on a mountain bike adventure with your dog, this way he can be kept off the lead.



NICKI & HUGO'S ★ top tips

I personally LOVE to cycle. I use commands like left, right and stop. I also try to use quiet roads and go early in the morning when nobody is out - it's much safer that way. I start out with a slow bike trip to keep my dog at a nice trot.

