

Could you and your pet
do with shedding a few pounds?

Get some
Petsercise



Get active and healthy
Keep you and your dog fit
Fun for friends and family
Any age, any ability
Get outdoors in the fresh air!



For more information
and to get your Petsercise booklet

e: phc@uk.grayling.com t: 020 7255 5408



The Pet Health Council is

calling all volunteers

who want to improve their health,
plus that of their pets.

Petsercise aims to encourage people to take action – to improve the fitness of pets and people throughout the UK.

Working with human and animal experts, the **Pet Health Council** has devised a range of activities for owners and their pets to do together.

Our newly launched *Petsercise* booklet is packed with fun-filled exercises for all abilities and ages!

To download your copy of the *Petsercise* booklet, please visit our website at www.pethealthcouncil.co.uk

PHC

Pet Health Council
Working for healthy pets & people



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