



Heartworm Positive Dogs

As explained by the medical team, until your dog has completed their heartworm treatment, they will need to keep their exercise to a minimum. Our dogs do not understand why they are not able to run around all day so we need to find an alternative to tire them out. 10 minutes of learning and mental stimulation is equal to a 30-minute walk. Teaching your dog their basic obedience and some fun tricks as well as giving them the following tools to enrich them will help you tire your dog out.



Puzzle Feeders

Say goodbye to the basic food bowl and hello to puzzle feeders! These bowls require your dog to work around an obstacle and use their brains to eat their meals.



Kong Wobbler

Another alternative to feed your dog, or just put treats inside and let them figure out how it works! The purpose is to get your dog to knock it around until treats fall out. It is yet another way to get them engaged and using their heads.



Shoebox

Put some crumbled newspaper and treats into a box. Tape it shut, give it to your dog & watch them use their noses and try to figure out how to get inside. At first, you may have to help your dog out and show them the way. Once they understand, this should keep them quite busy!



Kongs

These are great for many different reasons. You can put your dog's meal inside to slow them down. Or fill it with peanut butter & freeze it for a yummy Popsicle. There are many different dog friendly kong recipes out there, so look some up!

If you search "Dog Enrichment", you will find hundreds of other ways to keep your dog busy all while keeping their energy levels at a low. Remember, we want to work their brains not their bodies!