



Advantages of growing up with Dogs



Keeping fit and healthy

We know that children need exercise to keep fit and healthy and so do our four legged friends.

We also know the technology promotes inactivity for children as they spend time playing computer games and watching TV.

Owning a dog helps to get children out of the house and getting some exercise come rain or shine.

It's been estimated that children who live with a dog exercise on average 11 minutes more a day than those that don't. That might not sound much but that works out at more than 5 hours extra exercise a month and a whopping 66 hours more exercise a year.

