



## **IS TIRED DOG REALLY A GOOD DOG?**

*By Saro Boghuzian*

Not necessarily. It all depends on the dog and the situation.

Let's say a dog is misbehaving by pulling on the leash, barking at strangers and dogs, jumping on people and is not coming when called.

So, one idea is to burn off its energy to tire it up to gain control over the behaviour.

The problem is that bad behaviours are still there no matter how long you exercise your dog. You need to work on removing the bad behaviour rather than tiring the dog out.

If you focus on tiring the dog by exercising it, you are creating a stronger, fit, bad behaving dog as you mask the problem or hide it under the rug.

Of course if you get your dog tired, they won't have the energy to show certain behaviour and that maybe for a short period of time, but all the bad behaviors are still there even after exercising the dog for hours.

Most dogs can be exercised for many hours and still have the energy to do some more. It is just in their nature to go on as long as it is given the opportunity. These are known as the high-energy breed dogs.

Just because your dog is healthy to have the energy to run for hours and still be playful does not mean that you should provide more exercise. This produces a fit, over exercised and an over excited dog. An over exercised dog will always ask and require more and more as they become more fit.

It all comes down to controlling your dog's behaviour by training your dog to be responsive to your commands, so you can tell it to go or to stop, to slow down or to take a break. If you allow your dog to go on and on it will never learn when to call it quits and slow down. Instead, it will learn to ask for more and more exercise and excitement since that is all you provide.

Over exercising not only have mental effects, but it raises some physical issues too.

Over exercised dog's body is prone to be fragile or creates flaws and injuries that may or may not be visible right away and may present in near future.

A young dog's body is in its development stages and any overuse of the muscles and joints will have a life long lasting.

A healthy, young dog needs a regular exercise routine that consists of playing with other dogs, playing with toys, walking and training.

In some cases you may add jogging and biking to your routine as well, but without over doing it.

An adult dog may have some hidden physical issues that may or may not be visible and over exercising it will cause some damage to some parts of the body.

Playing with other dogs is the best exercise a dog can get.

Some say "...but my dog is not social with other dogs in order for it to play with them and exercise."

The answer is that you should work on your dog's social skills first.

You should always include some training routine to your dog's exercise routine so that you exercise the dog physically and mentally which is the healthier way rather than only physically. This will make you and your dog to spend less time of tiring each other and mostly train and bond with each other.