



Take yourself for a walk today

- 🐾 You don't need to join a gym to get a workout! You're lucky, you've got a DOG!
- 🐾 Taking your dog on a 30 minute walk most days of the week can provide numerous health benefits for you and your pet.
(Decreased heart disease, high blood pressure, obesity, type II diabetes, stress, depression and many more)
- 🐾 Don't have 30 minutes? How about 10? Three 10 minute walks count the same as one 30 minute walk (and bring the same health benefits)
- 🐾 The more physically active we are each day, the healthier we are, and the better we feel and behave. The same goes for your dog.
- 🐾 For ideas on MOVE MORE check out our website:
<http://www.co.missoula.mt.us/healthpromo/MOVE.htm>



Public Health

Missoula City-County Health Dept.



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Think of your DOG as a treadmill with hair.



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