



Take a lesson from the dog. That's the advice of Dawn A. Marcus, M.D. in her book, *Fit as Fido, Follow Your Dog to Better Health*.

Understanding that there's nothing more odious than the obligation of exercise and the drudgery of following a dull diet, Marcus invites readers to use their dogs as their inspiration to healthier living. Her philosophy is that a canine personal trainer can effectively teach humans to improve their physical, mental, and social fitness. By looking at life through a dog's perspective, she suggests that our own attitudes about being happier and healthier can change for the better.

The book contains interesting statistics about the benefits of living with a dog (including lowered heart rate, reduced stress, weight loss and companionship). *Fit as Fido* is also full of photos and entertaining anecdotes about how dogs can inspire readers, all the while providing practical suggestions about how to take on a dog's-eye view of the world to improve our own.

While addressing diet and exercise strategies, Marcus is never condescending. She also talks about stress issues, noting a dog is never too busy to take time out to walk, and has a common sense approach about the importance of sleep (and how to find time for it). She also gives suggestions about how dog owners can increase their social contacts with the help of their dogs. The book is broken into short, easy-to-read segments with chapters covering how to eat, play, sleep and live like a dog.

While not specifically about dogs, *Fit as Fido* would appeal to any dog lover wanting to have a happier, healthier life in the company of their canine personal trainer.

Fit as Fido, Follow Your Dog to Better Health, by Dawn A.Marcus. Published by iUniverse. \$14.95.