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# your dog



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**52-PAGE 'WHERE TO STAY'**

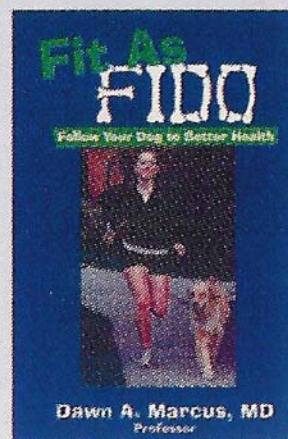
**Dog-friendly hotels & self-catering accommodation**

Your guide to dog-friendly accommodation around Britain

## Fit as Fido by Dawn A. Marcus MD, £10.10 (iUniverse)

Lots of sensible, informative advice on how to lead a healthier life

by using your dog as both role model and personal trainer. It's written in an entertaining style, covering everything from what you eat, to exercise, having fun, de-stressing and even how to get enough sleep. There are lots of interesting snippets from scientific studies — some fairly obvious (fat owners tend to have fat dogs) and others that you may be less familiar with, such as that insufficient sleep can predispose to diabetes. There are some eye-opening facts, tips and a few tasty recipes. If you need some incentive to get into better shape mentally and physically, this book will give you a good start — plus your dog will benefit as well!



**Rating:** 8/10