



Fit as Fido: Follow Your Dog to Better Health

Dawn A. Marcus, M.D.

iUniverse

\$14.95 (Paperback)

Well, bathing-suit weather is right around the corner, and a lot of us are scrambling to get into shape. For those of you looking for an alternative to expensive gym fees and bulky exercise equipment, ask yourself this one question: Do you own a dog?

If the answer is "Yes," then *Fit as Fido* may provide just the health plan for you. The author, Dr. Dawn A. Marcus, is a neurologist, a professor in the department of anesthesiology at the University of Pittsburgh and a consultant for Del Monte's "Power of Paws." That program encourages human health through dog companionship and provides practical tips for learning healthy lifestyle habits inspired by man's best friend. By illustrating how dogs eat (only when they're hungry), sleep (often and regularly), play (often and regularly) and interact with others (again, often and regularly), she outlines a plan that will help improve both the owner's physical and mental health.