



Here at Fit As Fido, we know one of the best ways to stick with an exercise program is to enlist your dog as your exercise buddy. And for those of you who won't stick to an exercise program for your own health, remember that your dog needs daily exercise for a long and healthy life. As your dog's owner, you need to make certain you're keeping your dog

in good physical condition.

Audrey Harvey is a small animal veterinarian in Brisbane Australia and an accredited athletics coach. Her husband is also a coach and together they have designed a running program for people and their dogs, called [Pooch To 5K](#). Audrey and her husband work as personal fitness coaches for your dog. Not only does your dog benefit, but YOU need to join your dog on his runs as you help your dog prepare for a 5K run, which mean you're going to get in shape, too. Totally Fit As Fido!

Audrey and her husband have seen some amazing results:

*"We're finding that our running owners are losing 8-12 kilograms [18-26 pounds] over the course of the program, and their dogs are becoming very trim too. An added benefit is the reduction in stress and anxiety in some reactive dogs; one dog was able to stop taking [the antidepressant/anxiety medication] fluoxetine after he had been running regularly for a couple of months."*

So whether your exercise program focuses on walking, running, or a combination of the two, consider using Nature's best and most reliable fitness partner -- your four-legged buddy at the end of the leash. It's great for you AND for Fido.

**Find out more about Audrey's work at [Pooch To 5K](#).**