



The Woof Gang Wag Rag



Winter 2020

Collingswoof Edition

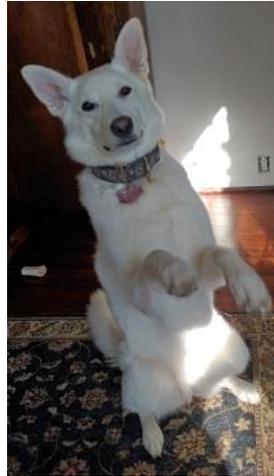
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New Year's Resolution – A Healthier Dog

'Tis the season of New Year's resolutions so, as we're setting some goals for ourselves, let's consider how we can help our beloved pooches get in better, healthier shape in the New Year, too! Fortunately, some of our everyday tricks are not only fun to train but also make for a great workout. And you'll be happy to hear that there's plenty you can do inside!

Sit Pretty
Sitting pretty is a great workout for the core muscles and it aids balance. Starting with your dog in a sit, lure her into a beg position by slowly moving a treat from above her nose back towards her tail. This should result in her balancing on her butt with her front paws off the ground. As she does this more easily, increase the length of time she remains in position. (cont.)

Sit Pretty



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Back Up

Backing up is a great workout for the core and hind leg muscles. The easiest way to shape the back-up behavior is to hold a treat at the level of your dog's chest with you facing her and then walk towards her. Allow her to nibble the treat along the way to keep her interested. Say "yes!" when she takes a step back, giving her the treat, then repeat. As she does this more easily, increase

position by slowly moving a treat from above her nose back towards her tail. This should result in her balancing on her butt with her front paws off the ground. As she does this more easily, increase the length of time she remains in position. (cont.)



Healthy Hound

My heart dog Rosie waged a long battle with cancer and, as a nutrition specialist, I firmly believe that nutrition played a big role in keeping her alive and in good condition for 18 months with an aggressive cancer.

The biggest change I made was putting her on a home-cooked ketogenic diet. Keto diets are basically just meat, fat, and vegetables, with no (or low) grains.

(cont.)

Featured Rescue Dog: CHAZ



Six year old Chaz is a precious, fluffy-haired boy with the cutest under-bite. At 26 pounds, this Heinz 57 pooch is ready for whatever life brings his way. Currently in foster care in south Jersey, Chaz is living happily with four dog and two cat foster sibs. He loves running in the fenced yard and enjoys going for leash walks. And a big fan of the creature comforts, he cuddles like a champ and adores belly rubs. He is already crate- and housetrained.

(cont.)

Beyond the Brush

As the owner of a 15 year old dog, I have a real affinity for the geriatric furball. My personal experience with Gyles has helped me better understand the challenges senior dogs face during grooming, both at home and in the shop. Our aging friends are not nearly as sturdy or flexible, so fatigue and discomfort present themselves much sooner and with more frequency. Gentle handling and special accommodations are key to continued positive grooming experiences. (cont.)

Beyond the Brush (cont.)

As joints become stiffer and weaker, they require more support. Yoga or rubber mats can serve as great aids in the tub and on your grooming table; these soft non-skid surfaces will increase grip and reduce physical strain for your senior. And as your pup's body begins to embrace the years, those tricky areas affected by restricted mobility, such as the face, feet and urogenital regions, will require more attention. Regular in-between grooms to clean and trim these areas, including nails, can help prevent some common senior issues like skin infections and tender feet.

Grooming is not just a time to clean your aging pet but also a chance to dote on him, to deepen your bond, and to assess some of the changes his body is going through. Keep in mind that, as with any grooming, your setup, length of session, and hairstyle will play an important role in its success.

Now, go hug your furry old friend and cherish these moments.

Professional groomer Willie Sanchez works for Ahead of the Pack in Haddonfield, NJ. For more info, find her on Instagram at [groomingWillie05](#).



Rosie

Healthy Hound (cont.)

Grains are made of carbohydrates, which break down into glucose, a component critical to all cell functions. Cancer cells have an increased reliance on glucose so reducing the amount of glucose can reduce their ability to function.

Vegetables have carbs as well, but many are very low-carb and have other good health benefits, like vitamins, minerals and antioxidants. A general rule of thumb for veggies is that the greener it is, the better. Rosie's favorite was raw broccoli! Fruit, however, has a lot of sugar (read glucose), so if you're going to give your pup a fruity treat, make sure it's on the low-carb side, like berries or melon.

Supplements can be helpful as well. A good quality mushroom powder can help boost the immune system. CBD has been shown to both inhibit cancer cell growth and help ease cancer symptoms and chemo side effects. And there are plenty of natural anti-inflammatories out there, like turmeric and fish oil.

So, in honor of my Rosie, give your pup a stalk of broccoli and a cuddle tonight!

This article is dedicated with love to Rosie, who lost her battle with stage 5 lymphoma on December 15, 2019.

Savannah Carr, CVNC, works for PetPT in Cherry Hill, NJ. For more info, contact her at savannahmcarr@gmail.com.



The authors of the **Wag Rag** are inspired by all things dog and love to educate dog guardians on the topics that contribute to the physical and behavioral health and happiness of our best furry friends. Is there a topic of interest to you? Contact Laura at laura@mywoofgang.com with questions and suggestions!

Featured Pet (cont.)

Chaz is ready for a furever home and would do well with a single person, couple or family with older kids.

Chaz is fully up-to-date on vetting. For more info on Little Black Dog Rescue Policies and an application, go to www.littleblackdogrescue.org/policies-procedures.html.

NY's Resolution (cont.)

Rollover

For the benefit of working your dog's core muscles, do this exercise in both directions. From the "down" position, notice which hip your dog is settled on and use a treat to lure her nose around her opposite shoulder. So, if she's lying on her right hip, lead her nose around and over her left shoulder. As she twists her neck to follow the treat, she will roll flat first, then on her back, and then over onto her other side. If she has trouble doing the whole movement right away, reward her in stages – first for just going over onto her side, then for going from her side to her back, and finally for rolling from her side to her back to her other side.

Visit www.myWoofGang.com/archive/VTC_Nyresolution.php for this article in completion.

A Word to the Wise

Consult with your dog's vet about what exercises should be avoided due to any physical limitations she might have. And remember that outdoor activity is still an essential component of any exercise regimen.

Certified behavior specialist Laura Garber, CPDT-KA, FFCEP, CBC, CC, owns WoofGang LLC. For more info, contact her at (646) 345-5116 or at www.myWoofGang.com. Go to our website for this and other topics.



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