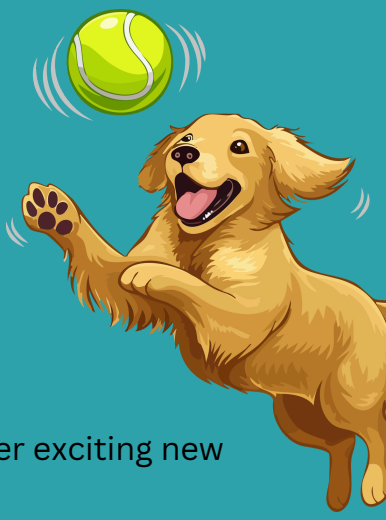
WHY DO PETS NEED EXERCISE?

Have you ever felt full of energy after sitting inside all day? Maybe you wanted to run around the garden, ride your bike or play football with your friends. Well, pets can feel exactly the same!

Exercise isn't just about keeping fit - it helps animals stay happy, healthy and mentally stimulated too. Every pet needs exercise, but not all pets exercise in the same way.

Dogs Love Adventures

Dogs are probably the first animals that come to mind when we think about exercise. Walks are a fantastic way for dogs to stay healthy, but they're also a chance to explore the world through their amazing sense of smell.



Dogs enjoy:

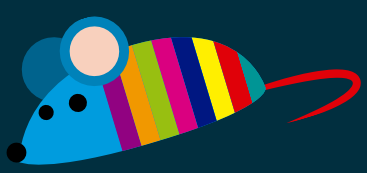
- Going for walks
- Playing fetch (avoid sticks!)
- Swimming (some breeds love it!)
- Learning new tricks
- Exploring new places

Did you know? A dog's walk isn't just exercise - it's also a chance to discover exciting new smells, sounds and sights.

Cats Are Tiny Athletes

Cats might spend lots of time sleeping, but when they're awake they can be incredibly active!

They love:



- Climbing cat trees
- Chasing toy mice
- Pouncing on feather toys
- Jumping onto shelves
- Racing around the house during their famous "zoomies!"

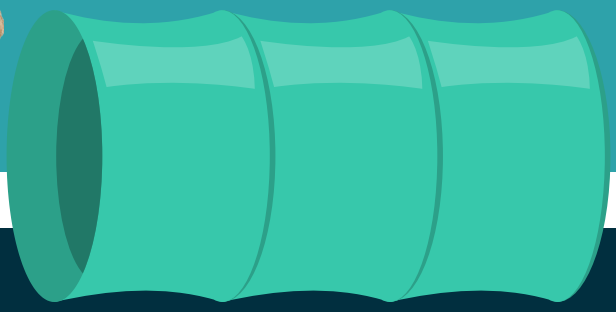
Playing helps cats practise the hunting skills they would use in the wild.

Rabbits Need Room to Bounce

Have you ever seen a rabbit leap high into the air and twist around? That's called a binky, and it's a sign of a very happy rabbit!

Rabbits need plenty of space to:

- Hop
- Dig
- Explore tunnels
- Stand on their back legs
- Play with toys



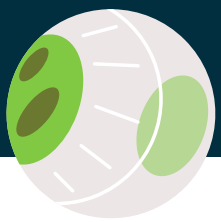
Small Pets Like to Explore Too!

Even tiny pets need exercise.

Hamsters love running on wheels and climbing through tunnels.

Guinea pigs enjoy exploring safe playpens and nibbling on healthy treats hidden around their enclosure.

Pet rats are brilliant climbers and enjoy solving puzzles.



Did You Know?

- A rabbit can jump almost one metre high!
- Rats can learn tricks just like dogs.
- Border Collies are one of the smartest dog breeds in the world.
- Cats can jump up to six times their own height!

No matter what kind of pet you have, exercise helps keep their body healthy, their mind active and their tail (or whiskers!) wagging with happiness!

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