

# Come on, walkies.



**Find thirty**

*It's not a big exercise.*

[findthirty.com.au](http://findthirty.com.au)



Department of  
**Health**

*About 40% of dogs are overweight or obese. Just like their owners, dogs need 30 minutes of physical activity a day for good health. The great news is, you don't need to do 30 minutes all in one go. Sessions of at least 10 minutes are just as beneficial, and might be easier to fit into your day.*

Dogs that are physically active are less likely to suffer:

- *Boredom*
- *Obesity*
- *Poor health*
- *Social and behavioural problems such as chewing and digging.*

Remember:

- *Register your dog at your local council*
- *Walk your dog on a lead*
- *Keep your dog under control at all times*
- *Keep our city clean by using a poo bag.*

So come on, dog owners, walkies! You'll be doing yourself and your dog a favour.

