



Fitness, Safety, Muscles More for You and Your Dog: Lost Temple Fitness

By Karen Cutler

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Fitness can be described as good health or physical condition, especially as the result of exercise and proper nutrition. In both canines and humans, it is basically just staying in shape . The intention of this book is to show the differences and similarities of the human and canine athlete with regard to exercise and conditioning in conjunction with canine related sports (see other book in Series, Sports Activities for You and Your Dog.) Aerobic capacity, strengthening, balance and flexibility are important to both humans and pets through all stages of life. When people participate in activities with their performance dogs, sometimes they forget about their own well being. It is important to work on muscle balance through strengthening exercises for the body's core and major muscle groups. Endurance and agility training will help improve your dog, as well as your own, ability to accelerate, decelerate and to change directions quickly without pulling a muscle for better teamwork throughout the competition. Sled dogs need endurance training, but so does the human that has to control the sled...

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