

## Exercising Puppies

We are often asked how much exercise a puppy needs. This will vary depending on whether you have a Miniature, Standard or Giant Schnauzer. It will also depend on the energy level of your dog.



Schnauzers, like humans, have their own characters and some will be livelier and need more exercise than others.

Puppies need much less exercise than fully-grown dogs.

If you over-exercise a growing puppy you can overtire him and damage his developing joints, causing early arthritis, particularly with big-boned and fast-

growing dogs such as Giant Schnauzers.

The golden rule is to start slowly and build it up. Once your puppy has completed his inoculations, start with short walks once or twice a day.

A good guideline is **five minutes' exercise per month of age** until the puppy is fully grown. That means 15 minutes a day when he is three months old, 20 minutes when four months old, and so on.

Gradually increase the time as he gets used to being exercised and builds up his muscles and stamina. Once he is fully grown, he can go out for much longer.

It is important that puppies go out for exercise every day in a safe and secure area or they may become frustrated.

Time spent in the garden or yard, however big, is no substitute for exploring new environments and socializing with other dogs.

Start to train your puppy to recognize his name and to come back to you so that you are soon confident enough to let him roam free off the leash.



You can start training – in small doses – right from the beginning, just a few minutes at a time.

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## Top Ten Signs of a Healthy Dog

1. **Eyes** - a healthy dog's eyes are shiny and bright. The area around the eyeball (known as the conjunctiva) should be a healthy pink.

Paleness could be a sign of underlying problems. There should be no thick, green or yellow discharge from the eyes. A cloudy eye may be a sign of cataracts.



2. **Coats** - these are easy-to-monitor indicators of a healthy dog. They should be full and soft to the touch. Wire coats like the Schnauzer's should be springy and full of life. A dull, lifeless coat could be a sign there is something amiss.

3. **Skin** - This should be smooth without redness. (Normal skin pigment can vary from pink to black or brown according to the color of the Schnauzer.) Open sores, scales, scabs or growths can be a sign of a problem. Signs of fleas, ticks and other external parasites should be treated immediately.

4. **Ears** - need to be clean with no dark or bloody discharge. Redness or swelling can be a sign of problems.

Miniature Schnauzers are prone to ear problems as they have narrow, furry ear canals which are ideal breeding grounds for mites and infections. The ears should smell normal and not be hot. A bad smell or a hot ear is often a sign of infection.



5. **Mouth** - Gums should be pink or pigmented with black. Paleness can be a sign of anemia. Red, inflamed gums can be a sign of gingivitis or other tooth disease. Again, your Schnauzer's breath should smell OK.

Young dogs will have sparkling white teeth whereas older dogs will have darker teeth, but they should not have any hard white, yellow, green or brown bits.

6. **Nose** - a dog's nose is often an indicator of good dog health symptoms. The nose should normally be moist and cold to the touch.

The moistness should be from clear, watery secretions. Any yellow, green or foul smelling discharge is not normal. In younger dogs this can be a sign of canine distemper.

