

# CANINE FITNESS SEMINAR

Saturday, September 16, 2017  
9:00am – 12:00pm  
1250 Gateway Road in Lake Park



*Learn proper techniques to exercise your dog for maximum fitness and performance.*

This 3-hour seminar is for those interested in understanding proper canine exercise form, technique, and behavior for optimum performance and injury prevention using science based training methods and canine-specific conditioning equipment.

Whether your goal for your dog is better athletic performance, weight loss and conditioning, increased mobility, better mental focus, or just general fitness, this course will demonstrate how to assess your dog's body and behavior skills and come up with exercises appropriate to their level.

What will be covered:

- Defining your dog's goals
- Assessing your dog's working level
- The Total Dog model:
  - Cardio-respiratory
  - Balance
  - Flexibility
  - Strength
  - Mental Focus
- How to determine which exercises are appropriate to your goals
- Safe use of canine specific equipment
- Easy substitutes if you don't have equipment.

THIS SEMINAR IS NOT INTENDED FOR DIAGNOSIS OR REHAB OF EXISTING HEALTH ISSUES.



About the instructor – Rosie Feeley, CCFT, MT, is the owner of K9 Fitness Lab. She obtained her certification from the University of Tennessee College of Veterinary Medicine as a Certified Canine Fitness Trainer. She is also a certified Master Trainer for FitPAWS canine fitness and conditioning equipment..