

Exercise tips for Adult Appenzellers

Here is a list of activities that you can do with your adult Appenzeller:

Outdoor Activities

Hiking. Dogs love the great outdoors just as much as you do. Take your dog along on your next adventure or explore some new parks and trails in your area.

Going with You When You Cycle. While not appropriate for all dogs, many dogs go with their owners when they ride. Cycling on the road is often dangerous, but many towns have bike paths where your dog can safely accompany you.

Joining Skaters. Whether you inline skate, Rollerblade, or skateboard, your dog can accompany you. Just be sure to skate in an enclosed area first while training your dog in this new activity, and always wear appropriate safety gear.

Swimming. Most dogs love the water, and swimming is great for dogs with joint problems, as it provides low-impact exercise. A life jacket can help your dog stay in the water longer for an optimum cardio workout.

Fetch. Fetch doesn't have to be boring. Shake up your dog's fetch routine by making her run uphill to retrieve a ball, or by tossing a ball into the water. Alternate between balls, Frisbees, or other prized toys to keep your dog on her toes.

Draft Work. Dogsledding isn't just for sled dog breeds. Appenzeller's are cart pullers and often enjoy draft work, whether it involves a sled, a cart, or skijoring, and these activities are also fun for people.

Obedience. Obedience work might not seem like exercise at first glance, but practicing recall, retrieving, and reinforcing basic commands offers mental stimulation, as well as exercise. You can also teach your dog fun new tricks like weaving and twirling.

Dog Sports. With so many dog sports to choose from, you and your dog can try a variety of activities or stick with your favorites. Lure Coursing, Scent Work, Agility, Obedience, Trick Dog, Flyball, Dock Diving, Schutzhund, and Rally are just a few of the options available.



Agility



Schutzhund Training

Indoor Activities

Inclement weather can throw a wrench in your dog's exercise routine. Hot days, cold days, and rainy days make it difficult to get outside for long periods of time and may even pose health risks. Here are some indoor dog exercises you and your pup can do to burn off steam and stay in shape.

Stairs. Running up and down the stairs a few times when you can't get outside is great for building muscle. Just be sure not to push your dog too hard, as this exercise is just as strenuous for dogs as it is for people. Take special care with Dachshunds, Pembroke Welsh Corgis, and other dogs with longer backs and shorter legs, because stairs may prove more challenging for these dogs.

Hide-and-Seek. Hide-and-seek gets your dog moving and provides mental stimulation. You can also work in a game of chase.

Treadmill. If you're looking for a great dog exercise for high-energy breeds, look no further than a treadmill. With careful training, your dog may grow to love her treadmill workouts. While they are not a replacement for a walk or a run outside, treadmills build endurance and don't rely on decent weather.

Tug. Games of tug, when played properly, build muscle and the human-animal bond. Most dogs enjoy tug, and there are a wide variety of tug toys available.

Agility. When we think of agility, we usually think of outdoor courses or large indoor agility spaces. However, you can make your own agility course with household supplies, such as broom handles, boxes, Hula-Hoops, and ottomans. Practice your agility skills at home or consider joining a local club with an indoor agility space.