



We continually update our skills and knowledge so that we stay current with the best practices that can help you and your dog.

# cheerfuldogs chronicles

cheerful dogs, happy people

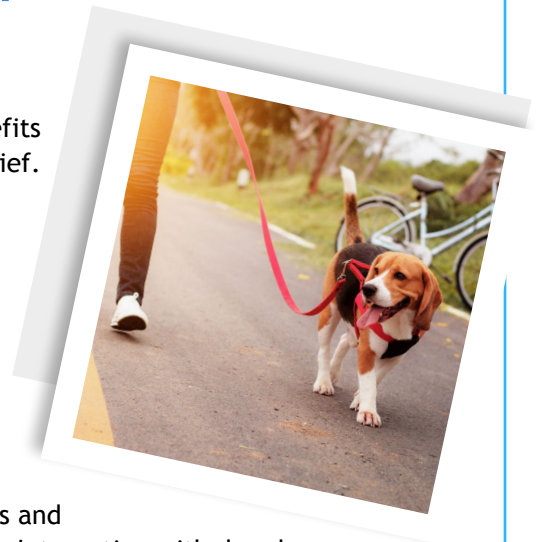
Issue 84

## A World of Dogs: A Dog a Day Keeps the Doctor Away

If you ask a dog lover if dogs are ‘good’ for you, you’re likely to get a resounding ‘of course!’. While the dog-obsessed inherently feel the benefits of canine companionship, there is also a lot of science to support this belief. Dogs can have numerous positive impacts on our health and wellbeing.

**Coaches and Cheerleaders:** Dogs are natural motivators for physical activity. Regular walks, runs, and playtime with our four-legged friends help us stay active and maintain a healthy lifestyle. Studies have shown that dog owners tend to have lower blood pressure, reduced risk of obesity, and improved cardiovascular health.

**Ultimate Companions:** The love and companionship provided by dogs can have a profound impact on our mental health. They’re excellent listeners and confidants, offering a non-judgmental presence during challenging times. Interacting with dogs has been linked to reduced stress, anxiety, and depression. The presence of a dog can also boost our mood and increase feelings of happiness.



**Expert Cuddle Buddies:** The simple act of touching and cuddling with our dogs releases oxytocin, the “feel-good” hormone that promotes bonding and

### Dog quotes

“Be the person your dog thinks you are.”

” - C.J. Frick

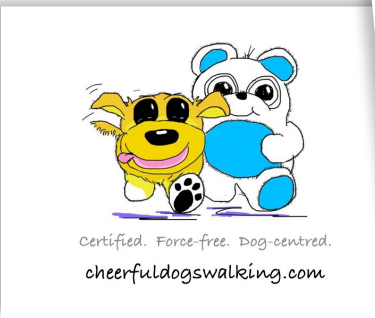
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## ... a dog a day

relaxation. Studies have shown that spending time with dogs can lower cortisol levels, a hormone associated with stress. Just being in the same space as our canine companions can create a calming effect and provide relief from daily pressures.

**Social Connectors:** Dogs can also help alleviate feelings of loneliness - they're wonderful social facilitators. Taking our dogs for walks or visiting dog-friendly spots creates opportunities for social interactions with others, leading to social connections and a sense of community. It's easy to identify fellow dog-lovers - they're usually the ones smiling at your dog as you walk past, and asking for your dog's name before yours!

From increasing physical activity and reducing stress, to providing emotional support and fostering social connections, dogs have a transformative effect on our wellbeing. There is very important proviso though! This beneficial relationship should always be a two-way one. For everything our pet gives to us, we give it back in double, starting with the caveat that our dog must enjoy whatever we do together with her right from the very start. After all, who is the guardian and caregiver here?



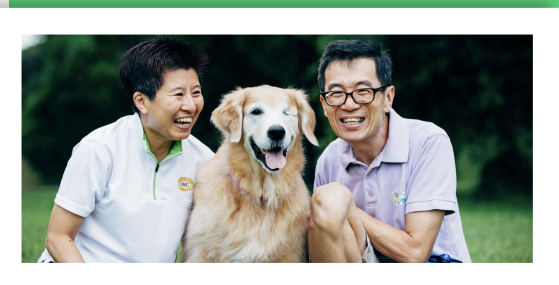
## Tips & Tools: 4 Paw Care Tips

Paws need to be in shape, too. If you start a new training program or plan to go for long walks, be sure to start off slow to give your dog's paw pads time to grow stronger and be more resilient.

Trim, trim, trim. Paw hair can quickly become matted and turn into uncomfortable or painful clumps. Comb the hair out (use oil if necessary), then trim hair to be even with the pads.

Clean in between. After walks, check paws for foxtails, pebbles, burrs, or other debris. Use a comb, a pair of tweezers, or simply cut away anything that won't budge.

Keep them soft and whole. Don't let your dog's paw pads get cracked and dry. Your veterinarian can recommend a good pad moisturiser (human moisturiser doesn't work well for dogs).



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