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TREADMILLS AND DOGS

When it comes to fulfilling our dogs need for consistent exercise, one of the best tools to utilize is an electric treadmill. The electric treadmill is something that we see in most gyms and fitness centers for people, and in many training centers for dogs. It is a platform with a conveyor belt powered by an electric motor that allows our dog to practice walking in place while in our home, office, garage or under a covered patio outside. This write up will cover the various benefits of utilizing the electric treadmill and also some helpful tips for setting our dog up for success when integrating this amazing tool into our dog's exercise routine. Thank you for taking the time to read these details over, and consequently find yourself able make an informed decision about whether this device may be helpful to both you and your dog.

Treadmill Benefits

Here are just some of the benefits that will come from utilizing a treadmill:

- The treadmill is often times a more available alternative to other forms of exercise and fulfillment. We can treadmill our dog when:
 - The outdoor environment is less than favorable.
 - We are unavailable to give our dog the walk for a variety of reasons.
 - Our animal is not in the best state to be taken out to be exercised.
- The treadmill helps our dog learn to master the walk without being tempted by distractions:
 - A treadmill walk may be more enjoyable for our dog instead of being told they are unable to explore their environment while moving.
 - We may find that after we treadmill them, they are far easier to take out and listen in the face of distractions.
 - Our dog may be better at developing the muscle memory of walking without being distracted on a treadmill vs. outside in the world of distractions.
- The treadmill will help us as trainers develop basic skills while using the treadmill:
 - We can get familiar with how to praise our dog effectively while they are moving.
 - We can practice feeding them in the proper manner while they are moving.
 - We can observe our animal as they move and better understand their body language.



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Treadmill Tips

Here are some tips to help set us and our dog up for success when it comes to utilizing a treadmill:

- Treadmills come in all varieties, find the one best suited for your dog.
 - A human treadmill can often be obtained used for very little cost. Often times, they fold up when not in use and can be easily modified to work with most dogs.
 - Dog specific treadmills are more expensive, but have features that make them ready to use with a dog with no modifications. These come in a variety of sizes and have features such as incline and remote controls to best suit our needs.
- When starting out with the treadmill and our dog, let's take our time to ensure success from the start.
 - Have them first learn to take food or play with us while it is running nearby, without them standing on it.
 - Put food or toys on the treadmill to get the dog to stand on it without any pressure to stay on it.
 - Use the leash to gently guide them on and off of it before we get it started.
- To help our dog get used to moving on top of the treadmill:
 - Find the right speed that is the pace our dog naturally wants to walk with it on.
 - If we use a training collar, make sure that our dog fully understands the training tool before trying to utilize it on the treadmill.
 - Stand at the front of the treadmill, facing our dog.
 - Ensure our dog is fully enjoying the work before stepping away, even for a moment.
- When using the treadmill, do the following to ensure the dog stays safe:
 - Never leave our dog unattended if they are connected or leashed to the treadmill while it is turned on.
 - Always use a flat collar or harness to attach our dog to the treadmill, and only use training collars with a leash that we can use in our hand to guide them.
 - Always ensure that our dog has had a chance to potty before going on the treadmill.



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We hope that you found this information both informative and helpful on the topic of the electric treadmill. It is our goal that by sharing the benefits and helpful tips we just covered, you will be well informed on this topic and able to better understand the value of the treadmill and some tips to set you up for success if you decide to utilize one. If we consistently follow the advice in this document and are working together with a qualified trainer, we will be certain to attain success. As always, your dog is so lucky to have you as their parent, and we are so lucky to have you as a client. If you have any questions or comments on this handout, please bring them to your next meeting with us so that we may discuss them in person. As always: "We don't blame them, we train them."