



The Fun Way to Exercise for Dogs – With Toys!

Getting your dog's up and moving is critical to their physical and emotional health and should be done multiple times per day! There are so many ways to get your pup active, but by far the most exciting way is with toys! There are numerous toys you could purchase for your pooch. Each dog is going to have a different preference, so you'll have to try a few out first. However, we recommend balls, ropes, interactive toys, and disks! Each toy serves a specific purpose for play, be sure to read on to understand what each toy is best for and when to use it with your pup!

1. Picking the right dog toys

There are numerous dog toys in the market today from fetching toys to chew toys to automatic toys. With so many choices, it can be overwhelming for dog owners, but these four choices are going to be your best bet:

- **Balls:** Ideal for active dogs who enjoy running around and engaging with their owner. They come in a variety of sizes and styles you can play around with!
- **Ropes:** Ropes come in a variety of styles and textures. Some dogs love this toy and other couldn't care less, you'll have to run trial and error with your pooch!
- **Interactive toys:** This refers to toys that squeak or make a noise that is designed to get your pup riled up and engaged.
- **Discs:** Also known as frisbees, disks are an alternative to balls for pets who enjoy playing a game of fetch!

When to use each toy

Now that we've discussed the four most popular and highly recommended toys for pups, it's important to understand the purpose of each toy and when to use it.





2. Balls

Balls are meant for dogs who enjoy playing fetch with their owner and who are trained to come back. You don't want to play with this toy with a dog who is not yet trained, otherwise they may just run off into the distance and you'll be fetching your dog instead of your dog fetching the ball!

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3. Ropes

Ropes are fantastic for playing tug of war with your pet! This toy helps bring out your dog's inner wolf and allows them to engage in that wild animal type of behavior. The key to this toy is making sure you are moving your dogs head up and down and not side to side! You'll create aggressive behavior and cause your dog unnecessary pain if you go side to side.

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4. Interactive toys

Interactive toys are great for dogs of all sizes that get excited by a squeak, squeal, or moving part on a toy. These toys are most popular amongst dogs that aren't known for tearing things apart. They get the pet moving and hyper without you having to be too overly involved.

Interactive toys can also be toys such as automatic fetchers that keep your pet engaged for hours without you having to be around to assist if you are busy.

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5. Discs

Discs are ideal for pets who like fetch but maybe don't love balls (or for pet owners who don't like using the balls either!). Discs are a little easy to grab for dogs and often are easier for them to catch. Again, make sure your doggo is trained to bring the toy back to you and not run off with it!

Playing with your pooch is critical for their overall health. Ensure you are playing with the right toys and don't get discouraged if your pup doesn't enjoy a toy, you thought they would. All pups are different, have fun experimenting!

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