

# 5 WAYS TO FIND 10 MINUTES A DAY TO EXERCISE YOUR DOG





**#1**

**Set your alarm 10  
minutes earlier in the  
morning**



**#2**

**Exercise on the couch  
while watching your  
favourite TV show**



**#3**

**Exercise when you're  
already out on your  
walk**



**#4**

**Go home 10 minutes earlier from your walk and exercise inside.**



**#5**

**Cut your social media time down (*let's face it, we all could!*) and spend it strengthening your dog**