

PROCLAMATION

WHEREAS, like many of their human counterparts, too many dogs suffer from obesity and “sedentarism,” the two most common preventable conditions in the canine and human populations. Too much sitting and too many calories in the form of treats or improper nutrition contribute to the weight gain; as well as other factors such as breed, age, and medical conditions. Besides causing our furry friends to have sore joints, difficulty breathing, a higher risk for cancer, canine diabetes, and other diseases, obesity also shortens their lives.

WHEREAS, sedentarism has become the normal lifestyle for many dogs and their people. This lack of positive stimulation and human bonding contact often leads to many destructive behaviors, and, unfortunately, many are delivered back to shelters or abandoned.

WHEREAS, the opposite of a sedentary lifestyle is movement. Canine Fitness Month encourages us to take a step toward a healthier lifestyle for our four-legged family members. After checking with our veterinarians regarding proper diet and to be sure our companions are healthy enough for exercise, we can help them by providing the opportunity for activities such as:

- Walking - the obvious first and easiest exercise for most canine and human companions. One foot in front of the other and the fresh air will do you both good.
- Active play - throw a ball, stick, or Frisbee in a safe environment, or, better yet, run or jog with your pet to retrieve it.



- Playing hide and seek with your pet's daily allowance of treats. Place them behind doors, under rugs, and chairs. Make your pet work for the reward.

- Food fitness games - place an unstable object in front of the food bowl for your dog to step on as they reach for the food bowl to introduce

balance activities as a fun and rewarding game.

- Creating obstacle courses indoors and out - with a small amount of equipment, or none at all, just moving rugs and chairs around to create obstacles will create a workout worthy of both human and canine. The key is to make movement fun for both of you!

NOW, THEREFORE, I, Ed, Seely, Mayor of Spotswood, together with our Governing Body, proclaim April as Canine Fitness Month in the Borough of Spotswood, and encourage our residents to focus on keeping our most loyal companions healthy and physically active.

DATED: April 3, 2017


