



For Active Dogs!

Brought to you by Canine Sports Productions

Coaching dog enthusiasts to embrace the unique needs of active dogs through teaching, mentoring and educational media

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Increase Your Dog's Health & Longevity!

Everyone wants to live longer, right? With the Baby Boomer generation entering their 60's and 70's, there has been abundant new research on how to increase longevity. It is impossible to ignore the evidence: **exercise and longevity go hand-in-hand.**

Here are the studies:

- **Long-term exercise** promotes the continued innervation of muscle fibers, which **delays aging** (1).
- Individuals who led active lives had muscle characteristics that were more similar to adults 30 years younger than to their more sedentary peers (2).
- **Life-long maintenance of lean body mass** in Labrador Retrievers was a **key factor in achieving a long lifespan** (3).
- Regular **exercise slows and even reverses** the development of the **muscle atrophy** that occurs with aging (4 - 6).
- Regular **exercise increases the replication of neurons** in the hippocampus, the part of the brain that is **responsible for memory and learning** (7 - 9).



Several years ago, Drs. Chris Zink and Gayle Watkins decided to combine their 85+ years of dog knowledge to develop an **easy-to-use, science-based, all-encompassing fitness program for dogs of every age and stage of life**, from 3 weeks of age, through adolescence, adulthood, and into our dogs' senior and geriatric years. They also focused part of the program on stud dogs and breeding bitches since parental fitness has beneficial, long-term effects on offspring. We are delighted to announce that this unique program is here! **It is appropriately called *Fit For Life*™.**

***Fit For Life*™** is different from other canine fitness programs. It starts by guiding you through a questionnaire and simple assessment of your dog's front leg, core and rear leg

strength. The results are entered into our software and your dog is provided with an exercise program that combines flexibility, balance, proprioception (body awareness), strength and good-for-the-soul exercises that are targeted to your dog's individual needs and stage of life.

You can use *Fit for Life*™ to provide a **tailored fitness program for all of your dogs**, no matter how many you have. Canine fitness programs are NOT one size fits all! So you can include your up-and-coming puppy, your adults, and even your aging dogs and trust that the **programs will take into account their individual needs**.

But **we didn't stop there**. We firmly believe that everyone needs personal support as they work their dogs, so the program includes **LIVE monthly calls** where you can get your personal questions answered by Chris and Gayle, and a **private Facebook group** where members can support each other and benefit from group knowledge. Each month new **information** will be provided **exclusively to *Fit For Life*™ members**.

If you are a breeder or own a stud dog, ***Fit to Be Tied*™**, the **breeding stock version of *Fit for Life*™**, also includes the *Fit for Life*™ program tailored to where your dog is in the breeding cycle and offers information about nutrition and veterinary care for breeding dogs.

Here are some quotes from our beta testers:

"... one of the things that sets this program apart from other on-line dog related courses, is the personal touch and oversight that Chris and Gayle add. Yes, *Fit for Life*™ is unique in its content and quality but the hands on by such knowledgeable professionals is what makes this program special." ---*Andrea M.*

"... I love the progress I can see my dogs making every month...and they sure LOVE their exercises - even the hard ones." ---*Melanie H.*

"[*Fit for Life*™ has] improved my understanding of my dog's strengths and weaknesses ... so that I can spot subtle imbalances and weaknesses sooner." ---*Jen S.*

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