1. Exercise provides all the same disease fighting benefits for dogs as it does for us.

2. It’s an equal workout. Dogs burn close to the same amount of calories as we do.

3. They walk/run at a similar speed. You and your dog can move at a pace that challenges you.

4. They need the social interaction as much as we do. The perfect workout buddy!

5. They keep us motivated. Who could say no to that face?