Fun Activities with Pets

Draw up a realistic, sustainable schedule to help establish a new habit.
Considering your current commitments and responsibilities, use this blank calendar to schedule weekly Fun Activities with your Pets.

Pet Tips: Review your plan from time to time, and change the pet activities to keep them fun and engaging.
The Support of Pets

• Fun activities as a distraction
• **Calming exercises as stress management**
• Healthier habits to displace smoking
• Build new friendships
Calming Exercises with Pets

• Focusing on the present moment can help us rebound from life’s stresses.

• Pets are experts at this – they always live in the moment.
The Support of Pets

• Fun activities as a distraction
• Calming exercises as stress management
• **Healthier habits to displace smoking**
• Build new friendships
Healthy Habits with Pets

Pet-Positive Toolkit

Healthy habits with pets

It is important to get into and maintain the habits which keep us and our pet companions healthy.
Try one of these physical activities with your pet. Make it a regular, habitual activity that you both will get used to and look forward to, and track how you both are doing.

Our pets are great motivators. If you design a healthy routine that involves your pet, it will be easier to stick to it, and you'll both be the better for it.

Activity 4

Walking with your dog

Outside, on leash
Count the steps you take on your walks, and/or keep track of the time walked and distance covered.

Outside, off leash in a safe environment
Take your dog to a dog park, or a fenced yard. Toss a ball for her; watch her investigate and explore the space.

Inside, on leash
If you are not up to walking outside, don't give in – get up and walk around your home! You and your dog can try an indoor routine such as walking laps around a table, making circuits of your home by visiting every room, or climbing the stairs.

Cat Walks

Cats that live indoors often become sedentary and gain weight as they get older. They need physical activity. Here are a few ideas:

Walk the Line
Add string to your own daily step-count and you have an instant cat toy! Drag a toy on a string behind you and walk quickly around your home. Vary the speed to keep the cat on her toes.

Catch the Light
Focus a laser pointer on the floor beside you as you walk around the house. Your cat will follow the light, and you can keep her interested by moving it about.

The Treat Trail
Don't treat without enticing kitty to make a move for it. Place the first treat (or partial treat) near your cat so she will move toward it. Let her eat it, then place a second treat farther ahead of her. As she approaches, pick it up and move it farther away again.

Go on Weaving
Toss a tiny toy mouse ahead of your cat and watch her take off after it. Some cats will play fetch and bring the toy back; others will need to be followed and the mouse retrieved.
Healthy Habits with Pets

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**Weekly Effect**

- For You: 
- For Your Pet: 

**Endurance**

- Energy levels
- Emotional well-being

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The Support of Pets

• Fun activities as a distraction
• Calming exercises as stress management
• Healthier habits to displace smoking
• Build new friendships
Celebrating Connections with Pets

Pet-Positive Toolkit

Celebrating connections with pets

Pets create connections in our lives. The central bond is the companionship we directly share with our pet.

The next level is the relationships pets strengthen with family, friends, and neighbours. If you have your pet with you when you meet someone new, your pet becomes a topic of conversation, easily breaking the ice.

Pets also strengthen communities. Most people love to talk about their pets, and many will want to talk to you about yours when you cross paths. Pet networking can be especially helpful for those who are managing difficult situations such as social isolation and loneliness.

Community

- Start a group activity

Family and Friends

- Ask them to pet-sit
- Play and spend time together

You and Your Pet

- "Share" your pet

Pet-friendly cafes

- Dog-walking groups

Events
Celebrating Connections with Pets

Building Connections:
To expand our social circles, we need to nurture the connections we have with other people.
How do you and your pet already nurture the connections you enjoy? List a few that come to mind:

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<th>You and Your Pet</th>
<th>With Family and Friends</th>
<th>Your Community</th>
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What else could you do with your pet to build, strengthen, and celebrate new connections:

* Pet tips:
  - Socialize safely with your pet by... (consider obedience, supervised visits, setting limits and expectations, creating "safe spots" or "safe zones" for your pet.)

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Pets impact your patients’ health

How many of your patients have pets?

56% of Canadian households live with at least one pet. 1
15% of Canadian households expect to acquire a new pet in the coming year.

Children are more likely to live with pets than siblings or loneliness.

In 6 million cats and over 7.4 million dogs live in Canadian households. Other common animals include fish, birds, rabbits, hamsters, lizards, horses, guinea pigs, snakes, frogs, turtles, frogs, and goldfish.

Building relationships
So now you know . . .

- How to encourage pet owners to alter smoking behaviour around their animals.
- How to identify the pet as a motivator to quit smoking.
- What alternate activities to suggest for pet-owning smokers.
Thank you!
References

References


• Kushner RF, Blatner DJ, Jewell DE, Rudloff K. The PPET study: people and pets exercising together. Obesity 2006;14:1762–70.


References


References