

# How much exercise is appropriate for an aging pet?



**Answer: There are many factors that play into exercise especially for a senior pet**

- **Breed** - A smaller dog like a dachshund for example is going to have a much different exercise requirement than say, a bigger dog like a labrador retriever would.
- **Medical Condition** - A dog that had surgery and now has an arthritic knee will have different exercise requirements than one that doesn't have a bad knee.
- **Overall Physical Fitness** - The amount that you're able to exercise a dog as they get older has a lot to do with how physically fit and how active they were when they were younger. Obesity comes into play here as well.

Exercise is crucial for every animal. Animals need to be able to maintain their range of motion, and muscle mass. Speak with your veterinarian about an exercise regime that is right for your pet and dedicate time each day to help them achieve it.

