

Don't Turn Your Dog Into A Couch Potato

Olde Towne Pet Resort offers area canines numerous abilities to walk, run, swim and play for improved fitness and health

June 26, 2011 - Springfield, Virginia - The Olde Towne Pet Resort (OTPR) -- a "Day Spa and Hotel" for dogs and cats providing numerous boarding services and amenities -- has been providing local canines with multiple health and fitness activities since it first opened nine years ago.

"By nature, dogs and cats are social creatures with an eagerness to explore, interact, and play," says Brian Dove, OTPR Pet Care Director. As a long-time dog owner and pet enthusiast, Dove knows the value of exercise and play for home-based pets. "Both dogs and cats benefit greatly from recreation and socialization. Some breeds require more exercise than others. The age of your pet will also affect required exercise levels."

According to the American Society for the Prevention of Cruelty to Animals (ASPCA), Dove is not alone in the belief that pets, as a whole, need more interaction and activity.

Specifically as it relates to dogs, ASPCA believes the primary activity mode for most modern dogs today is "couch potato." Dogs no longer have to earn their keep as they once did. Instead, APSCA proclaims, dogs have been forced to adjust to our more sedentary lifestyles. "They get their food for free in a bowl and are often confined, alone and inactive, for most of the day. This lack of purpose leaves dogs no outlet for their naturally active tendencies—physical and mental—and it contributes to the development of behavior problems," APSCA states in its Virtual Pet Behaviorist column. Surely, some of the same can be said for domesticated cats as well.

The professional staff at the Springfield and Dulles Olde Towne Pet Resort locations agree that pets do need a daily regimen of interaction and physical activity.

"Just as with humans, exercise and fitness for dogs brings about many benefits," says Dove.

Daily exercise and socialization provide:

- Reduction of anxiety-based bad behaviors
- Healthier digestion
- Increase confidence
- Weight loss or weight maintenance
- Peace and happiness for dogs and owners

For its dog guests, OTPR's "Doggie Day Camp" provides an enjoyable and healthy option to crating or having a dog walker come in during the day. Various OTPR clients bring their dogs to

day care five or seven days a week, while others come only occasionally. Some choose Doggie Day Camp as a viable alternative to kenneling. Others bring their dogs only on weekends while they run errands. Whatever the need for boarding or Doggie Day Camp may be, OTPR ensures that its dog guests receive plenty of physical activity during their stay.

Dog owners can choose from a variety of exercise and fitness choices, including:

- Water work-out & lap swimming for movement therapy, exercise and fun
- Agility field play on outdoor, professional grade agility equipment
- Cardio jog for dogs with a need to shed a few pounds or excess energy
- Circuit fitness training for continuous high-energy movement
- Doggie Day Camp for pet owners who want their canine family members to interact with other dog friends rather than be left home alone
- Boarder day camp for individual play time or group play sessions

Area felines who board at OTPR's "cattery" enjoy play times as well.

For all inquiries pertaining to boarding reservations at Olde Towne Pet Resort's Springfield and Dulles facilities, please call 703.455.9000 or 571.434.3300.

About Olde Towne Pet Resort

For 9 years, the Olde Towne Pet Resort (OTPR) has provided quality boarding and spa services for dogs and cats in Fairfax County. Based in Springfield, Virginia, OTPR is known to spare no detail to ensure the utmost of comfort, safety and joy for its customers' pets. OTPR's upcoming Dulles, Virginia pet resort facility is presently scheduled to open to the public by October 1, 2011. For more information about OTPR, please visit <http://www.oldetownepetresort.com>.