

# Sports And Recreation Benefits to Your Pet

*By Jordan Fuller*



Just as in humans, engaging in sports and recreational activities keeps a dog's lungs, heart, joints, digestive, and circulatory system healthy and helps maintain a healthy weight. Not only is the benefit two-fold, but even a simple exercise like walking your dog regularly helps strengthen you and your dog's relationship.

Aside from walking, there are plenty of great dog sports and recreational activities in which you and your pup can get involved. Taking part in an activity that requires training, exercising, and positive reinforcement methods allow your pooch to grow in many ways. Listed below are some of the many benefits of taking part in heart-pumping activities.

## Boosts your bond with your dog

When you and your four-legged friend break a sweat together, it means you are strengthening your bond. If you have a shy dog, engaging in a confidence-boosting recreational activity like a fun nose work game can help anxious dogs become more relaxed. A nose work game like finding [treats](#) is a way to keep your dog physically and mentally stimulated. Likewise, it's also a fun way to strengthen your relationship with your dog since the activity relies on both of your efforts.

Another way to strengthen Dances with Dogs or simply [Freestyle](#), it's a creative sport that allows you to bond and get groovy with your pup.

[Trick Dog](#) can be a great way to hone bonding too. The sport encourages dog parents to teach their four-legged companions some skills like crawl, paws up, shake, and hoop and display such tricks in a certain environment!

If you have an active, physically fit dog, an [Endurance trial](#) can put your dog's relenting energy to work. It pushes your dog to put his strength into test after being subject to a physical activity.

## Improves running prowess



*Lure Coursing Image by Pinnacle Photography*

If your dog possesses an incredible running speed, then you now have a great excuse to spend a weekend on a dog-friendly beach. Taking great, lengthy walks and jogs by the beach is a great way to unwind and shed off some excess weight. Consequently, visiting an off-leash park nearby gives your pooch the same health benefits.

If you want to engage in a professional sport, you may consider [Lure Coursing](#) or [Flyball](#). The former is a performance sport that allows your dog to exercise their natural prey drive in a safe, open area. Dogs usually chase mechanically operated lures, hence improving their running prowess as well as their endurance.

On the other hand, [Flyball](#), also referred to as “Drag Racing for Dogs” involves a relay race between two teams of dogs and handlers with four dogs in each team. Great for energetic,

quick-witted dogs, your pooch is required to overcome certain hurdles to retrieve a ball from a flyball box and then return to their handlers before the next dog on the team proceeds to their turn.

## Stimulates a high-energy or bored dog

Does your furry companion have high energy levels? Perhaps your dog is showing signs of boredom at home, including digging in the backyard, jumping on you and barking excessively?

Let your dog channel their playful side through [Dog Agility](#). This fast-growing dog sport is open for toy and giant breeds alike, wherein they are challenged to follow your directions and go through fun obstacles. As you can already tell, this takes some training and patience to pull it off, but the entire process will be worthwhile on its own!

You and your dog can learn the ropes of Dog Agility by joining classes. However, remember that not all dogs can participate in this sport. It is also not recommended to train overweight dogs or those with joint complications.

## Ready, set, play!

Before trying out any of the mentioned sports, think about the things your dog loves doing and what activity may match well to this. But sometimes, all you need to do is try out different sports to see which one sparks their joy and interest, so try as many sports as you can to see what clicks for both of you!

### *About the Author*

*Jordan Fuller is a retired golfer, coach, and mentor. He is also a dog-lover and likes to bring his dogs during his game time. Jordan is a blog owner too, and owns <https://www.golfinfluence.com/>.*