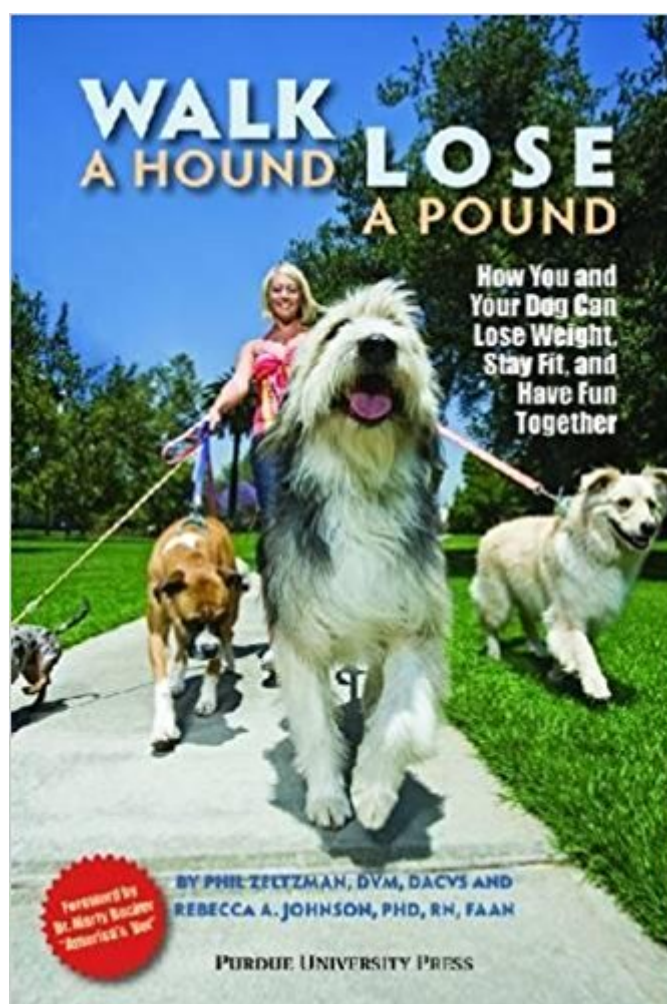


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# Walk A Hound, Lose A Pound: How You & Your Dog Can Lose Weight, Stay Fit, And Have Fun (New Directions In The Human-Animal Bond)





## Synopsis

A dog is an ideal workout partner: always supportive, happy to go for a walk, and never judgmental. When people and dogs exercise together, fitness and health happen on both ends of the leash. As the obesity epidemic spreads, 70 percent of Americans and 50 percent of dogs are overweight or obese, resulting in staggering health care costs and suffering. The causes, consequences, and treatment for the overweight and obese are strikingly similar in people and dogs. *Walk a Hound, Lose a Pound*, written by an expert veterinary surgeon and leading nurse researcher, helps you move from a food-centered relationship with dogs to an exercise-centered relationship. This volume is designed for dog lovers, dog owners, and families. Based on the latest scientific findings, it will also help professionals (including physicians, veterinarians, and physical therapists) fight obesity and promote fitness in both people and pets. Never has there been a more compelling time for innovative approaches to increasing physical activity, reforming sedentary lifestyles, and enhancing fitness. *Walk a Hound, Lose a Pound* provides specific strategies for people and dogs to exercise together, lose weight together, and have fun in the process.

## Book Information

Series: New Directions in the Human-Animal Bond

Paperback: 160 pages

Publisher: Purdue University Press (May 15, 2011)

Language: English

ISBN-10: 1557535817

ISBN-13: 978-1557535818

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 10 customer reviews

Best Sellers Rank: #761,342 in Books (See Top 100 in Books) #127 in Books > Crafts, Hobbies & Home > Pets & Animal Care > Pet Loss #243 in Books > Health, Fitness & Dieting > Exercise & Fitness > Walking #338 in Books > Crafts, Hobbies & Home > Pets & Animal Care > Food & Nutrition

## Customer Reviews

Zeltzman, a veterinary surgeon and veterinary journalist, and Johnson (gerontological nursing and public policy, U. of Missouri College of Veterinary Medicine and Research Center for Human-Animal Interaction) explain how dog owners can fight obesity and promote fitness by exercising with dogs.

Arguing that people and animals experience many of the same illnesses and can benefit from the same solutions, they draw many ideas from the Walk a Hound, Lose a Pound project in Columbia, Missouri, to explain benefits for both humans and dogs, assessing risk factors and health indicators, the importance of fitness to ward off disease, guidelines and safety, clothing and equipment, support systems, walking in groups, and non-walking activities. (Annotation C2011 Book News Inc. Portland, OR)

Phil Zeltzman, DVM, DACVS, is a traveling, board-certified veterinary surgeon near Allentown, Pennsylvania. His professional interests include soft tissue, orthopedic, cancer, and neurosurgery. A prolific international speaker and writer for twenty-five years, he has often written about pet obesity. He writes an award-winning, free, e-mail-based newsletter read by pet lovers in all fifty states and twenty-eight countries (visit [www.DrPhilZeltzman.com](http://www.DrPhilZeltzman.com)). He is a contributor to Dog Fancy, The Bark, and Veterinary Practice News. Rebecca Johnson, PhD, RN, FAAN, is Millsap Professor for Gerontological Nursing and Public Policy at the University of Missouri. She holds a joint appointment at the College of Veterinary Medicine as the director of the Research Center for Human-Animal Interaction (visit [www.rechai.missouri.edu](http://www.rechai.missouri.edu)). Author of over forty publications, she is called upon nationally and internationally to speak about human-animal interaction. In 2010 she was elected president of the International Association of Human-Animal Interaction Organizations.

This is a book to help motivate and inform potential dog walking entrepreneurs, and perhaps people who need an outlet for walking and keeping busy - walk your neighbor's dog! It is informative and pleasant.

As a dog owner, and walker, I thoroughly enjoyed reading this book (purchased on by the way!), about the benefits of something I took for granted! The content is a great exploration of how we can enjoy better health in ways that are enjoyable and actually add to our quality-of-life. After reviewing the activity chart, I enjoyed "counting" my steps to see where I fell on the activity levels each day. I later learned from a friend that Weight Watchers now incorporates walking as an exchange value for extra food points in their new program, which simply reinforces the benefits of this activity. In addition, the book is a useful reference for a variety of related activities, organizations and groups that promote better health for walkers and their dogs. Overall, it was a great summer read.

This book is very good, and give the reader a lot of good things, of why it is good for you and your

dog to exercise.

I just got back from walking my dogs and realized how many more walks we have gone on since reading this book. It is an inspiration for both 2 and 4-legged walkers. Also, *Walk a Hound* educates readers about the plight of shelter dogs and the efforts being made across the country to raise public awareness and adopt more dogs. There are many healthy tips and informative resources. I highly recommend this book to my clients to benefit both themselves and their animal family members. I keep a copy in our office for easy reference.

just as stated

This book has many helpful tips to weight loss as well as conditioning, at the same time as providing your dog with the same healthy benefits from a simple walk.

Now this is the BEST by far book on losing weight and enjoying one on one time with your "hound"

It's one thing to state the obvious (walking = weight loss), it's another thing to find yourself newly motivated to make something happen after reading something inspirational. This book did it for several of my clients. As a veterinarian who's passionate about weight loss in pets, I'm a believer.

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