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Titolo	Walk a hound, lose a pound : how you and your dog can lose weight, stay fit, and have fun together // Phil Zeltzman and Rebecca A. Johnson ; [foreword by Marty Becker]
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Collana	New directions in the human-animal bond
Altri autori (Persone)	JohnsonRebecca A. <1956-> BeckerMarty <1954->
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Nota di contenuto	""Cover""; ""Title""; ""Copyright""; ""Table of Contents""; ""Foreword""; ""Preface Walking toward health""; ""Acknowledgments""; ""Chapter 1 Dog walking, the ideal activity for fitness and weight loss""; ""Chapter 2 Know the health numbers for you and your dog""; ""Chapter 3 Why getting fit is so important for you and your dog""; ""Chapter 4 Dog walking, step by step""; ""Chapter 5 Outfitting for fitness""; ""Chapter 6 Hate walking? Here are other great activities with your dog""; ""Chapter 7 Get help from the pros""; ""Chapter 8 Start something big!""; ""Chapter 9 Create new patterns"" ""Resources""""Index""
Sommario/riassunto	A dog is an ideal workout partner: always supportive, happy to go for a walk and never judgmental. The human-companion animal bond is a great way to help you and your dog lose weight or stay fit. When people and dogs exercise together, fitness and health happen on both ends of

the leash. As the obesity epidemic spreads, 70% of Americans and 50% of dogs are overweight or obese, resulting in staggering health care costs and suffering. The causes, consequences, and treatment for overweight and obesity are strikingly similar in people and dogs. *Walk a Hound, Lose a Pound*, written by an expert veterinary surgeon and a leading nurse researcher, helps you move from a food-centered relationship with dogs, to an exercise-centered relationship. Even better, you don't have to own a dog. The book gives several creative suggestions to exercise or walk a dog even if you do not or cannot have one. 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. Dog-walking programs can easily be implemented in neighborhoods, parks, workplaces, animal shelters, hospitals, retirement homes and obesity clinics, and this book shows you how to establish them. In nearly every health care profession, practitioners are teaching human patients and dog owners on a daily basis about the risks of obesity. 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.
