



The Dieting with my Dog Guide to Weight Loss and Maintenance

Peggy Frezon

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Are you struggling with extra pounds that seem to stick with you, no matter what? Has your canine companion turned into a pudgy pooch? Or--as so often is the case--both? This book has all the tips you need to help you and your dog get fit and healthy...by doing it together. Including: • What you should weigh—for you & your dog. • Healthy snacks you'll both love. • How to get more out of your walks together. • Hiking and backpacking with your dog. • Biking with your dog. • Sports for dogs. • Strength training for you and your dog. • Also, amazing Woof Workouts with step by step exercises you can do with your dog! And how to lose weight and keep it off for good! Get fit and healthy together with your best friend.

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