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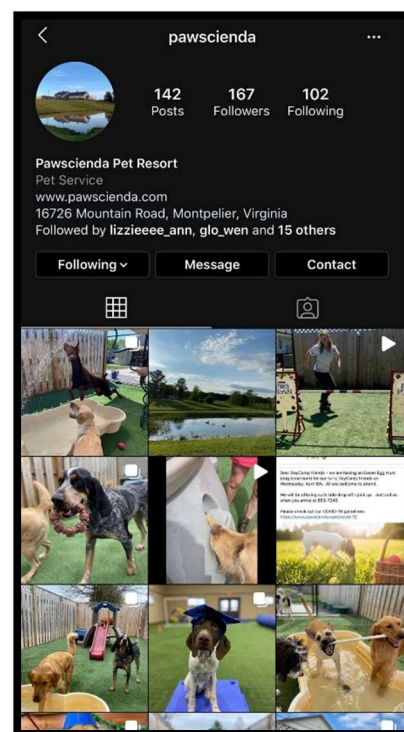
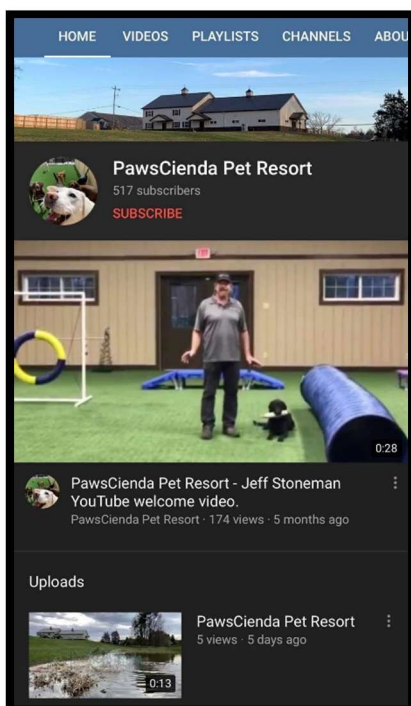
# PAWZ AND READ

## Do you follow us on our Social Media pages?

**We have the following social media:**

- Instagram
- Youtube
- Facebook

Please follow us on all of these Social Media pages! We regularly post updates to our Facebook page along with photos and videos on our Instagram page. On our YouTube channel we post Obedience Training videos and fun daycamp videos!





*May the 4<sup>th</sup> be with you party*



**DOGGIE DAYCAMP DOG OF THE MONTH!**



**SADIE**



# Benefits of having a dog

It's known far and wide that dogs are man's best friend. Their adorable faces and happy go lucky attitudes fill our lives with such joy, but did you know that there's actually numerous benefits of having a dog? From helping you to get fit to meeting new people, your puppy can actually help to improve your health and social life. Want to find out more? Keep reading to discover the benefits of dogs!

## **Life is better with dogs**

Nothing beats a long walk with your four-legged friend on a fresh, spring morning. Or seeing the joy on their faces when you pick up a ball and they know it's playtime in the local park! Even relaxing at home feels better in each other's company.

There's an old saying, which is certainly true, that dogs repay the love you give them ten-fold. Before you rush out and adopt a dog, it's important to think it through very thoroughly. Caring for a dog can be hard work and it's a lifetime commitment, as your dog will be relying on you for many years to come. Once you're sure you have the time and lifestyle to include a dog in your life, and you've done your research about different dog breeds and personalities it's time to look at all the benefits of owning a dog.

## **Having a dog can help you stay active**

One of the key benefits of having a dog is that they significantly increase the amount of exercise you do on a regular basis – and you might not even notice it! While it can be difficult to motivate ourselves to go for a walk alone, when we know our puppy needs exercise, we often don't think twice. All those strolls through the park and adventures in the wood add up.

Even playing games with your dog counts as exercise. You've probably noticed how tired you feel after a long game of 'fetch', even though your dog is the one who's been running around. One of the biggest benefits of dogs is the way they encourage you to be more active, which supports your health as well as theirs.

## **Dogs are great for your blood pressure**

One of the most fascinating benefits of dogs is their amazing ability to make us feel calm - and that has a brilliant effect on our health. According to Harvard University, studies have shown that dog owners have lower blood pressure which is both due to the increase in exercise and that blood pressure goes down when you merely pet your pooch. It may surprise you to learn that our blood pressure actually has a big effect on our wellbeing too, so next time you feel stressed, or just need some time to relax, give your dog some TLC – you'll both feel the benefit!

## **Dogs are brilliant companions**

One of the most noticeable benefits of owning a dog is that it's almost impossible to feel lonely when your dog is by your side, and for good reason. Most dogs are highly sociable, and they love company, whether it's canine or human. When your puppy enthusiastically greets you after a day at work, or looks forward to being taken on their favourite walk, you know you always have a friend by your side.

## **They teach us valuable skills**

Dog owners know that training requires time, effort and patience – all things that are useful in other aspects of our lives. But that isn't the only thing having a dog teaches us. From enjoying the great outdoors to appreciating the smaller things in life, our dogs really know how to lead by example when it comes to happiness. Dogs and children are also an excellent match as they can teach them a lot about responsibility. Try making your child responsible for a certain aspect of your dog's day – such as feeding them in the evening or brushing them at night (oversee everything yourself, though!) – and you'll be encouraging valuable life skills that can't be learned anywhere else.

# GROOMING DOG OF THE MONTH



*Congratulations!*



Missy Elliot

## May DayCamp Party Dates

Spring Doggie DayCamp Olympics  
(every Wednesday in May)

DayCamp May Birthday Party  
Friday, May 15th

Memorial Day Party  
Friday, May 22nd

