# Fit for Life™ Puppy Exercise Guidelines

Scientifically sound guidelines to ensure your puppy gets the right kind and amount of exercise to develop its brain and body for a lifetime of good health and FUN!

<table>
<thead>
<tr>
<th>3 to 10 Weeks</th>
<th>11 Weeks to 14 Weeks</th>
<th>15 Weeks to 5 Months</th>
<th>6 Months to 1 Year</th>
<th>1 Year +</th>
<th>2 Years +</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Sensitive Period</td>
<td>Late Sensitive Period</td>
<td>Juvenile Period</td>
<td>Adolescence Period</td>
<td>Young Adulthood Period</td>
<td>Senior Period</td>
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## Early Sensitive Period
- **3 to 10 Weeks**
  - **Balance & Proprioception**
    - Introduce puppy to:
      - Playing on a variety of surfaces, such as carpet, wood.
      - Playing on uneven surfaces.
      - Pulling a little bit of a toy.
      - Short outdoor experiences.
  - **Skill Training**
    - Teach your puppy:
      - How to learn.
      - How to play with other puppies and people.
      - About the world.
  - **Flexibility & Stretching**
    - None.
  - **Endurance**
    - None.
  - **Good for the Soul**
    - None.

## Late Sensitive Period
- **3 to 10 Weeks**
  - **Balance & Proprioception**
    - Continue to teach your puppy:
      - How to learn.
      - How to play with other puppies and people.
      - About the world.
  - **Skill Training**
    - Start teaching your puppy active stretching, such as:
      - Downward Dog.
      - Cat Pose.
  - **Flexibility & Stretching**
    - None.
  - **Endurance**
    - None.
  - **Good for the Soul**
    - None.

## Juvenile Period
- **3 to 10 Weeks**
  - **Balance & Proprioception**
    - Continue to teach your puppy:
      - How to learn.
      - How to play with other puppies and people.
      - About the world.
  - **Skill Training**
    - Continue teaching your puppy active stretching, such as:
      - Downward Dog.
      - Cat Pose.
    - None.
  - **Flexibility & Stretching**
    - None.
  - **Endurance**
    - None.
  - **Good for the Soul**
    - None.

## Adolescence Period
- **3 to 10 Weeks**
  - **Balance & Proprioception**
    - Continue to advance:
      - Handstands.
      - Rocket Dog 1 & 2.
      - Wave.
      - Rocket Dog 3.
  - **Skill Training**
    - Continue with active stretching, such as:
      - Downward Dog.
      - Cat Pose.
      - Crescent Moon.
  - **Flexibility & Stretching**
    - None.
  - **Endurance**
    - None.
  - **Good for the Soul**
    - None.

## Young Adulthood Period
- **3 to 10 Weeks**
  - **Balance & Proprioception**
    - Continue to advance:
      - Handstands.
      - Rocket Dog 1 & 2.
      - Wave.
      - Rocket Dog 3.
  - **Skill Training**
    - Continue to advance core, front and rear strength exercises, such as:
      - Bucket Dog 1 & 2.
      - Wave.
      - Other Fit for Life™ exercises.
  - **Flexibility & Stretching**
    - None.
  - **Endurance**
    - None.
  - **Good for the Soul**
    - None.

## Senior Period
- **3 to 10 Weeks**
  - **Balance & Proprioception**
    - None.
  - **Skill Training**
    - None.
  - **Flexibility & Stretching**
    - None.
  - **Endurance**
    - None.
  - **Good for the Soul**
    - None.

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### Important to Avoid Injuries and Decrease Injuries
- **Repetitive, concussive activities**
- **Weave pole training**
- **Endurance training**

### Guidance on Key Time to Start Strength Training
- **3 to 7 weeks**
- **6 months to growth plate closure**
- **17 weeks to 6 months**
- **22 months of age**

### Development of a Sensitive Nervous System
- Your pup’s brain and nervous systems are still evolving. Your pup is a dog now. Adulthood is just around the corner.

### Period’s Good for the Soul
- **Adventure Walks**
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### Proprioception and Balance
- Develop awareness of where the body is located in space.
- Enables your dog to experience its environment, do what it enjoys, and strengthen its bond with you.

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*Want to learn all the exercises needed to get and keep your pup fit? Go to: www.vimeo.com/ondemand/caninefitforlife*