

Paws for a workout



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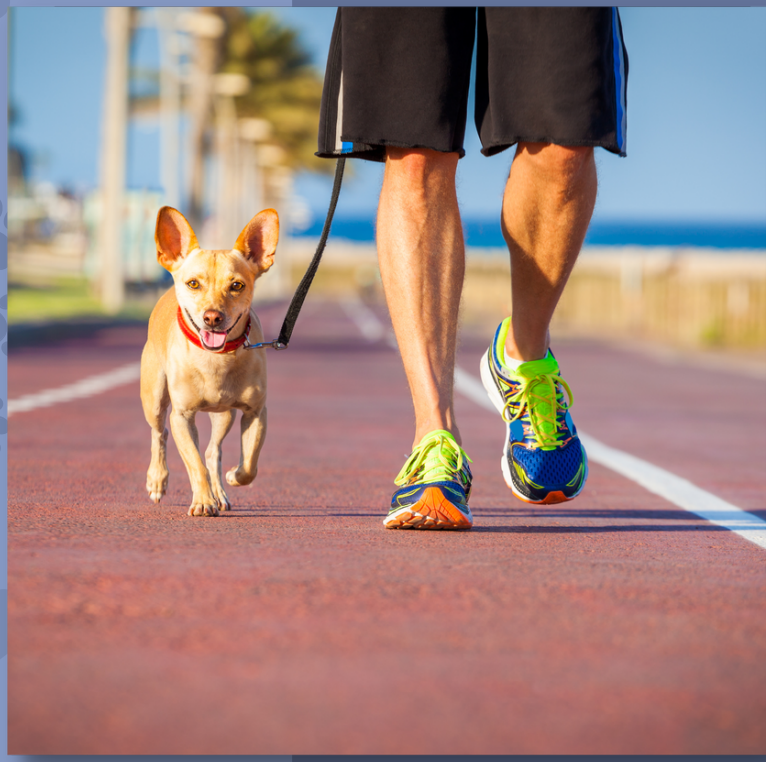
National Pet Day is an annual event celebrated on April 11th to honor the pets that make our lives better every day. This special day gives us the opportunity to show our appreciation for the unconditional love, companionship, and joy that our furry friends bring into our lives.

Besides being incredibly adorable, they can also make great workout partners. To celebrate National Pet Day, here are some ways you can include your pets during exercise to keep you both healthy and happy.



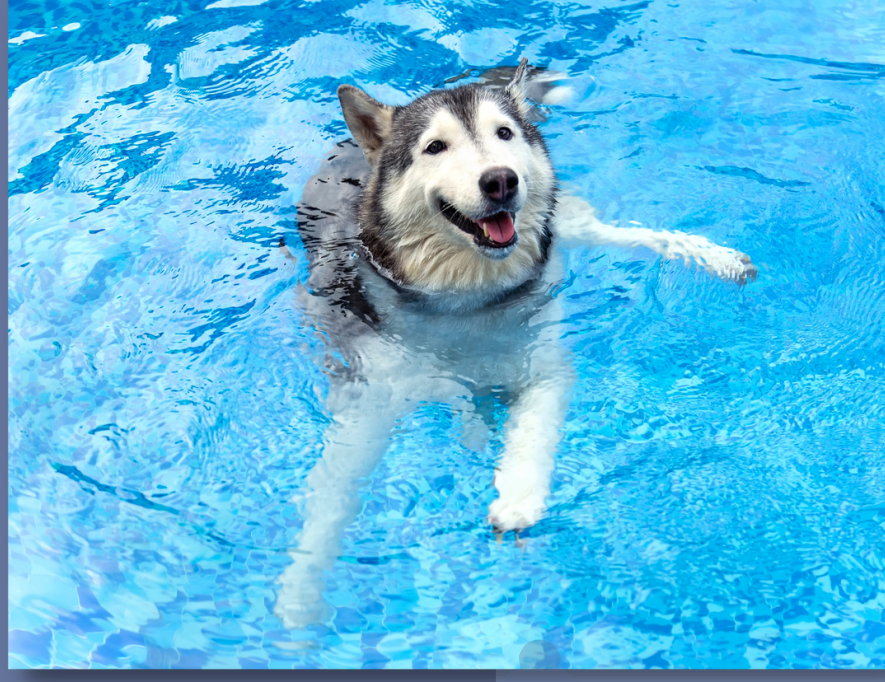
Running

Exercising with your pets by taking them out for walks or runs is an excellent way to maintain an active lifestyle and strengthen the bond with your beloved animal. When going for walks or runs with your pet, make sure to choose routes that are safe and suitable for their age and fitness level.



Swimming

Swimming with your pets can be a delightful and refreshing activity! Swimming is an excellent form of exercise for dogs in particular, as it provides low-impact resistance to build strength and endurance.



Yoga

Some pet owners have found that their dogs or cats enjoy participating in yoga routines and can even provide a calming presence during challenging poses. Incorporating your pet into your yoga practice can help enhance your flexibility, balance, and strength.



Image taken from: <http://bit.ly/3TUawcV>

SG Furkids

SG Furkids is a community for pet owners and animal lovers who are looking for fun ways to spend time with their pets. Get to know paw-some deals, care tips, exciting events and more!



Scan the QR code to find out more:

