



Funky Mutts Tracker

We don't need to tell you about the health benefits to both mind and body of having a dog;

The British Journal of Health Psychology reviewed many papers to find out the benefits to owning a pet dog. In the report Dr. Deborah Wells, from Queen's University in Belfast stated that owners of dogs tended to have lower cholesterol and blood pressure. To add weight to her claim, a study of over 5000 people conducted at the Baker Medical Research Institute in Melbourne found that pet owners had significantly lower systolic blood pressure and cholesterol than non-owners.

Getting your walking technique right and stepping up the pace can help in many different ways by firming and toning your body, improving your posture and your fitness levels. Use our Funky Mutts tracker to see your fitness improving by implementing our small changes to your daily walk. Do let us know how you are getting on we have set up a discussion on facebook and really want to hear how you get on you can compare notes with other people and see how we are getting with our fitness improvements. www.facebook.com/funkymutts

Measuring your heart rate: Find your pulse using your fingers (not your thumb), it is easier to check your pulse of the side of your neck. Place two fingers, preferably your index and middle finger, in the hollow between the windpipe and the large muscle in the neck. Press lightly until you feel a pulse. Check your pulse for a full 60 seconds perhaps using the stopwatch on your mobile then log your time and heart rate on your mobile phone and transfer it to your tracker sheet when you get home. Do this before your walk straight after and 1 minute after you have rested and you can see your fitness levels improve.

Well done everyone and Keep Wagging or should it be Walking!

