

FOR IMMEDIATE RELEASE

Keeping Fido Cool while Beating the Heat

NAPPS provides summer-safe exercise tips for pet parents.

MT. LAUREL, N.J., May 25, 2011 – During the dog days of summer, the National Association of Professional Pet Sitters (NAPPS) encourages pet parents to maintain appropriate exercise routines throughout the summer heat. Exercise helps pets release energy, and as temperatures rise, a decrease in activity can lead to an unhappy pet. NAPPS, a non-profit organization, provides pet parents and sitters with helpful tips to keep exercise safe and fun.

John D’Ariano, President of the National Association of Professional Pet Sitters, explains “Pets need to participate in daily physical activities to not only exercise their body, but also their minds. Although we emphasize the importance of exercise, it’s important to consider the temperature and time of day when embarking on an outside adventure with your pup.”

Moderation is a key component of your pet’s daily activities. Note your pet’s body language to determine whether the exercise activity is too much or too little. Warm-up and cool-down periods are essential to your pets health. Pets, like humans, must ease in and out of exercise in warmer temperatures.

Pets can complete the same exercise during the summer as they do in the cooler months; however, pet parents and sitters must know and look for warning signs of heat exhaustion.

- Always provide your pet with fresh, clean water during those hot summer days. Pets must stay hydrated, just as humans do.
- Make sure your pet has plenty of shade to relax if it becomes too hot.
- Know when playtime is over. Don’t keep your pets outside for extended periods of time or they could suffer from exhaustion. Know the warning signs of overheating in pets, including: heavy panting, difficulty breathing, drooling, weakness, etc.
- Give your pet a trim. Cutting your pets thick hair can help prevent it from overheating during hot, summer months. The key is to trim, not shave, leaving enough hair to protect the pet’s skin from the sun’s harmful rays.
- While playing outside, be aware that the sun heats up quickly and has the same harmful affects on pets that it does on humans.
- During extreme heat, avoid walking your pet on concrete or asphalt. The hot ground can burn the sensitive paw pads of your animal. If you can, walk your pet in early mornings or evenings.
- Apply sunscreen to light skinned and light furred dogs. Although their fur helps protect them, areas around their mouth and ears can still get sun burnt, resulting in peeling skin and even skin cancer.
- During summer travel, consider hiring a pet sitter to check on your pet daily and make sure proper temperatures and health is maintained in your absence.

For days of extreme temperatures, try these fun indoor activities:

- Hide and seek. Go into a different room from your pet and then call its name. Your pet will get very excited while looking for you.
- Place a toy at the top of your stairs. Let your pet retrieve the toy and bring it back to you at the bottom.

- Find it! Place a treat in a separate room and tell your pet “find it!” He or she will run in searching for the treat by smell.

About NAPPS: NAPPS is the only national non-profit trade association dedicated to serving the needs of professional pet sitters. The Association aims to help the pet owning public, those interested in pet sitting, and professionals engaged in the in-home pet care industry by fulfilling its vision statement, serving as “the most respected authority in professional pet sitting.” It does so by providing the tools and support to foster the success of its members. Additionally, pet parents can benefit from NAPPS’ free resources including a disaster preparedness guide, tips on how to select a pet sitter, nationwide referral service, and quarterly teleconferences aimed to educate the pet owning public. To find a pet sitter in your area, check out NAPPS’ nationwide “Pet Sitter Locator” at www.petsitters.org. For more information on NAPPS, please follow [@TheNAPPS](https://twitter.com/TheNAPPS) on Twitter or join us on Facebook at facebook.com/TheNAPPS.

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