



## **Operation Kindness Celebrates National Canine Fitness Month**

*Dedication to your pet's health and fitness can increase their lifespan and happiness.*

CARROLLTON, Texas (April 5, 2024) – As spring emerges and the weather beckons us outdoors, there's no better time to focus on the health and happiness of our beloved canine companions. April is National Canine Fitness Month. Operation Kindness is passionate about promoting the well-being of pets, and Canine Fitness Month provides the perfect opportunity to shine a spotlight on the importance of keeping your furry friends healthy and active.

### **The Weight of Wellness**

According to the Association for Pet Obesity Prevention, 55.8% of dogs in North America are classified as overweight or obese. Obesity in pets can cause a myriad of health problems, including arthritis, liver and kidney disease, high blood pressure, cancer, diabetes and more. The American Veterinary Medical Association found that, on average, overweight dogs live around 2.5 years less than dogs in healthy weight ranges. Keeping your pet fit and active ensures a healthier, longer life.

### **Embracing Exercise**

A great way to improve your pet's health on all levels is by taking them on walks. Walking is more than just a physical activity—it's a pathway to wellness for our canine companions. A daily walk not only helps to keep dogs physically fit by maintaining a healthy weight and promoting cardiovascular health, but it also provides vital mental and emotional stimulation. The sights, sounds and smells of the outdoors engage a dog's senses, keeping their minds active and curious. Additionally, the routine of a daily walk establishes a sense of structure and routine, which can help to reduce anxiety and promote emotional well-being. Ultimately, the bond formed between a dog and their owner during a walk is priceless, strengthening their relationship and fostering a sense of companionship and trust.

From daily walks to interactive play sessions, there are countless ways to incorporate exercise into our pets' routines. The team at Operation Kindness understands that every dog is unique, which is why the organization offers a variety of programs and activities to cater to their individual needs. Whether it's a leisurely stroll around the neighborhood or an energetic game of fetch in the backyard, Operation Kindness believes regular exercise is essential for maintaining physical and mental health.

### **Volunteer to Walk Dogs in Dallas**

One such program that exemplifies the organization's commitment to canine fitness is their [Track Pack initiative](#). On the first and last Saturday of every month, volunteers gather at the Operation Kindness Carrollton shelter to take the dogs in their care for a stroll around the shelter's 1.5-mile walking trail. This monthly event not only provides essential exercise for the shelter dogs but also offers them much-needed socialization and enrichment. While Track Pack is just one of many ways Operation Kindness keeps their pets healthy, it serves as a shining example of the impact that community involvement can have on the lives of shelter animals.

### **Join Us in the Celebration**

As we celebrate Canine Fitness Month, Operation Kindness invites you to join in their mission to keep pets healthy and happy. Whether you're volunteering at the shelter, participating in one of the organization's fitness programs or simply enjoying quality time with your own furry friend, your efforts make a difference.

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### **About Operation Kindness**

Operation Kindness, a 501(c)(3) non-profit animal welfare organization, operates a lifesaving animal shelter and programs to assist people and pets. Founded in 1976, Operation Kindness is a pioneer in Texas for assisting animals in need of veterinary care, companionship and most of all, a home.

In addition to pet adoptions and lifesaving medical care, Operation Kindness' programs provide foster care for vulnerable animals, behavior and training support for pet parents, affordable veterinary services for community pets, a pet food pantry, volunteer opportunities and professional training. To learn more about Operation Kindness, please visit their website at [www.operationkindness.org](http://www.operationkindness.org).

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