

WALKING RAINA

By Karen Brown

How many excuses can a chubby, aging manager with dubious knees generate to avoid exercising? The list is truly impressive! On April 25, I treated myself to the retirement gift of a 5-month-old Airedale puppy, Raina Rose. Her energy level is to the moon and back. Without changing my eating habits, I have lost 5 lbs in a little over 3 weeks. My strategy for preventing the house from getting sacked has been dog walking. (I suspect that jumping up every 30 seconds to mediate terrier dynamics and to proclaim “No!” “Leave it!” “Off!” may also be a factor.)

With a very busy life, it would feel self-indulgent to take time for a long walk. I feel zero guilt doing it for Raina. The world is full of enchantment through the eyes of a 5-month-old puppy. Her joy is contagious. I live on a highway that is too dangerous to walk on, so we drive to a pleasant and safe location. Changing up the scenery makes it a treat for the dog walker as well as the dog. The mental health benefits are as significant as the physical benefits. The spring air is scented with apple blossoms and lilac. My cell phone remains in my pocket.

I cannot think of a more enjoyable and beneficial activity for you and your dog. My dog obedience instructor told us in class that walking your dog is one of the most effective ways to build a relationship with your dog and support becoming a team. It is also within everyone’s budget!

