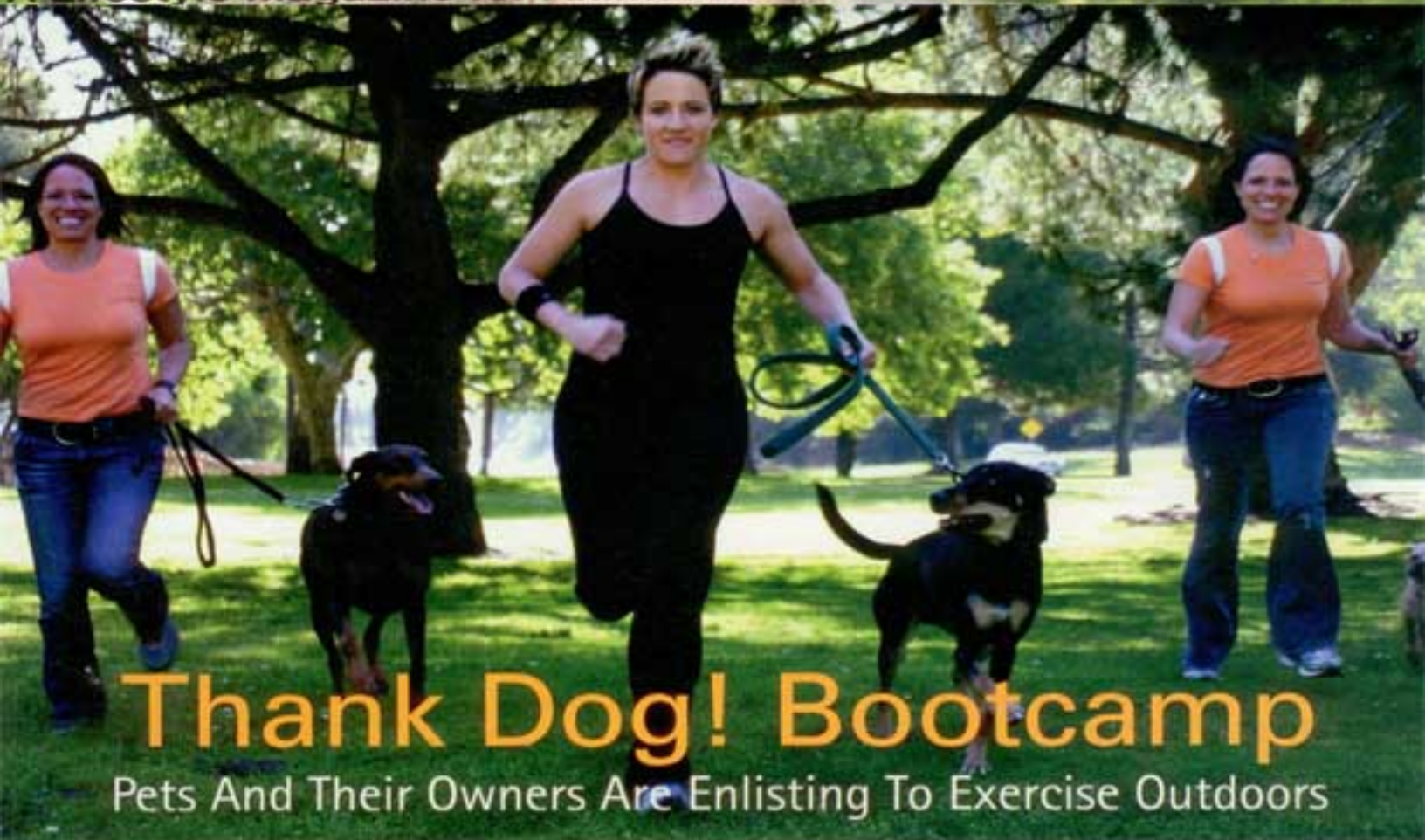


Animal Fair

A Lifestyle Magazine for Animal Lovers

Health/Fitness Issue



Thank Dog! Bootcamp

Pets And Their Owners Are Enlisting To Exercise Outdoors

It's that time of year again - time to get back on the treadmill and start losing some of those unwanted pounds! But what about your dog? What are they doing while you're off at the gym?

The answer: gaining weight. That's right, gaining weight.

According to a study conducted by Purina, one of America's top pet-food providers, about sixty percent of pets in the United States are overweight.

Now, I know what you're thinking: what can I do about this? It's not like my gym will allow me to bring my dog with me while I work out! To this I have one solution: Thank Dog! Bootcamp.

Thank Dog! Bootcamp is an outdoor fitness program that combines weight training, cardio training and nutrition training for dogs as well as their owners. It also has obedience instructors on hand to assist you in case your little Princess refuses to stay on the treadmill.

Created by celebrity fitness instructor Torri Shack along with pet obedience trainers, Jamie and Jill Bowers (twin sisters), Thank Dog! Bootcamp is designed to help pets and their owners lose weight and maintain a healthy diet at the same time. The boot camp is offered three times a day, five days a week at the Roxbury Park in Beverly Hills, California.

"Classes will consist of a combination of traditional boot camp style fitness instruction for pet owners and obedience training for the dogs," explains Nicole Wool, public relations representative for Thank Dog!. "Each class is an hour and a half long, broken up into thirty minutes of doggie training and sixty minutes of intensive workout."

While this is a new program, the Thank Dog! trainers are no strangers to intense workout training. In fact, Torri Shack (an athlete most of her life) is a former celebrity fitness instructor for Barry's Bootcamp in West Hollywood and Sherman Oaks, California. Among her famous fitness students are Christina Applegate and Melanie Brown.

As for Jill and Jamie Bowers, they also were fitness trainers at Barry's Bootcamp, but they also had the unique experience of working with a pack of wolves in Colorado. There, they studied pack behavior and learned various dog training techniques as well. Soon afterward Jill and Jamie formed Thank Dog! Training, which led to the eventual creation of Thank Dog! Bootcamp.

With this winning combination in place, the girls at Thank Dog! are confident that both you and your dog will get the proper training and workout you need to look absolutely fabulous this summer.

For more information visit: thankdogbootcamp.com.

- J. E. Phelan