



## The Exercise Walk & The Entertainment Walk

The Exercise Walk a.k.a. “The Leadership Walk” &

The Entertainment Walk a.k.a. “The Sniff Walk”

### The Bus Route Theory

Can you recall the last time you were on a public bus? If you remember correctly, the bus driver does not stop whenever you want him to. He has a route to follow and as such, has designated stops he makes along the way. Only when he pulls over to the side of the road, at a pre-designated stop, can you get off his bus.

We can learn how to successfully use this paradigm when walking our dogs, which will allow us to have more success than we ever dream possible. When we play the role of the bus driver and have our dogs play the role of our passengers, we will have tremendous success when walking our dogs.

**As a precursor to teaching your dogs how to do this successfully, your dog must understand the concept of loose leash walking and that pulling on a leash will not get him where he wants to go.**

**If your dog is not walking on a nice loose leash, please go back and continue to work on that some more before you implement the following walk, known as The Exercise Walk.**

### The Exercise Walk

You can walk your dog in what I call the *Exercise Walk* also known as “Follow-the-Leader”. This is a walk in which you ask your dog to simply follow you moving forward for an extended period of time (6 to 8 minute intervals to start). During this time, you will not allow your dog to sniff anything, until you say so by pulling over to the side of the road and giving him a well deserved “sniff stop”. This sniff break can range anywhere from 2 to 4 minutes. This sniff break we call *The Entertainment Walk*. This is your dog’s entertainment.

The key to this type of walk is that you will not stop moving forward at anytime *unless* your dog forges ahead of you - where you would then immediately stop short and wait for your dog once again to loosen the leash and get beside or behind you. You can also turn in the opposite direction (see walking on a loose leash from the previous handout).

The “Exercise or Leadership Walk” is a great walk to master if you want to someday be able to walk your dog safely off-leash and/or you have leadership or dominance issues with your dog. It’s also a great way to walk if you’d like to get a really good cardiovascular workout for both you and your dog. **The key to implementing this type of walk is to be 100% consistent about the rules, boundaries and guidelines whenever you walk your dog in this fashion.**

To begin, make sure your dog is beside or behind you. Get your dog's attention with a unique phrase like: "*Attention, We Go*", - or whatever phrase rolls off the tip of your tongue.

This phrase will remind you and your dog that this is NOT just a regular walk (where he can walk ahead of you and sniff everything in sight) but rather a "*Exercise or Leadership Walk*".

\*You want to repeat this same phrase **every single time you start this type of walk**.

Remember, you must have a totally unique phrase *specifically* for this type of walk. You want your dog to understand that when this phrase comes out of your mouth, there will be no sniffing, only moving forward *until* you are ready to give your dog the second unique phrase.

That second unique phrase you give your dog will allow your dog to relax and sniff whatever he wants, which in turn becomes the ***Entertainment*** portion of your walk.

### **The Entertainment Walk**

After successfully following you in this manner, you **MUST** be a fair pack leader and give your dog plenty of time to sniff and check his "Pee-mail". **When you allow your dog to sniff and wander where he wants, we call this part of the walk "The Entertainment Walk"**. This is where you literally become the follower and your dog becomes the leader. You are following your dog wherever he wants to sniff as long as he doesn't pull you. If he does, simply stop and wait for him to loosen the leash before walking again

**Please keep in mind; sniffing is a natural, normal dog behavior. If you *never* let your dog sniff, you're thwarting his hard-wired behavior. Dogs need to investigate the urine and feces of other dogs to gain important social data. You must allow sufficient time for this.** Your dog may become frustrated and agitated if you don't.

So be a fair and wise pack leader and allow him plenty of sniff breaks *after* he earns them by following you nicely for any given period of time. Let him sniff in any way he likes, so long as he is not pulling you on the leash.

### Teaching Your Dog how to approach a "Sniff Spot"

When you know you are approaching a good "sniff spot", you can cue your dog to sniff by giving a verbal cue such as "Yeah" or "Relax" in a happy-go-lucky tone of voice. Remember, it's your energy, body language and pace slowing down that will be the greatest indicator to your dog that you are arriving at a sniff stop NOT your verbal cue.

**Upon arrival, it's also important that you give your dog enough leash to reach the spot without pulling. You will more than likely have to follow him while he is sniffing, even running forward with him if necessary in this designated area so that his leash does not tighten up.**

Remember, during the "sniffing break" or *Entertainment* portion of the walk, this is your dog's time! HE HAS EARNED IT. You are giving this to your dog for a job well-done. Make sure your dog is enjoying this. You are now playing the follower role and your dog is leading. Let your dog roam where he wants (within reason) and your job is to cheer your dog on!

When his “sniff stop” is up, once again it’s time to play *Follow-the-Leader* again as your dog follows you forward until his next “sniff stop”.

Reward along the way with praise and treats if you wish but keep your energy calm and unexcited while you are moving forward. Upon arriving home, give him a much-deserved “jackpot” (an abundance of treats or a fresh bone to chew on) for a job well done. **And don’t forget to thank him for doing such a good job!**

Things to remember during this walk:

- 1) Keep your energy calm, relaxed and sure of yourself. Project LEADERSHIP energy. In this walk, you are the leader; your dog is the follower. Your energy is extremely important to your dog. Project the kind of consistent, calm, and relaxed energy that cries out leader in any language.
- 2) Your body language should say you’re in charge. Keep your head up, chest out and shoulders very relaxed. Keep BOTH arms relaxed as well
- 3) When you are walking, pretend you are CROSS COUNTRY SKIING. Create a rhythm to it. Try to get that cross country skiing motion happening if you could so you’re entire body is involved and in sync with your dog’s rhythm. Together you are operating as a team and walking in harmony *as if there is only one of you*.
- 4) Think of this as a walk where you are the Captain and your dog is along for the ride.
- 5) No sniffing whatsoever **until you give your dog permission to do so** at certain intervals in the walk known as “sniff stops” or “sniff breaks”. **This is where the Entertainment Walk comes into the picture.**
- 6) If you are having trouble, visualize yourself wearing a cape on your back like Superman.
- 7) Your dog’s position in relation to you when traveling on the *Exercise walk*, should be trotting either behind or next to you and never running out in front pulling on the leash.
- 8) If your dog is constantly pulling, review the exercises above on Heeling and Walking on a loose leash

Again, the key is that you don’t allow your dog to sniff anything (except if you know he has to poop) UNTIL you *allow* him to. **You should allow your dog to pee and poop before beginning this type of walk.**

## **The Entertainment Walk**

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## **THE 9 DIFFERENT TYPES OF WALKS**

Walking a dog successfully isn’t always what it looks like. It isn’t a person holding a leash telling the dog what to do by yanking on his collar. Harmonious dog walking is a lot like ballroom dancing or even figure skating in pairs. It’s a beautiful relationship in action.

With *The Exercise Walk* and *The Entertainment Walk*, first you are playing the Leadership role with your dog, leading him from point A to Point B, and then you are playing the follower role, allowing him to lead you where he wants to go.

**The Loose Leash Walk** – The most common kind of walk that allows you to walk with your dog by your side, sniffing and moving forward but without ever pulling. This is an extended version of the red light green light game. This is a nice relaxing walk for both dog and owner.

**The Exercise Walk or The Leadership Walk** – This is the kind of walk you would use if you want a really good aerobic workout for you and your dog or you are trying to master “pack leadership.” principles. Keep in mind, when on this walk, you must integrate *The Entertainment Walk* in order to be a fair pack leader. Not allowing your dog to sniff at all is absolutely unfair to your dog.

**The Entertainment Walk** – You are now playing the role of follower and you are allowing your dog to play the leader. Wherever your dog wants to walk, you follow. If you choose, your entire walk can be *The Entertainment Walk* as long as your dog is not pulling you on the leash.

**The Gratitude Walk** – This walk is where you direct your mental focus on asking yourself empowering questions beginning with questions that get you to focus on what you are grateful for in your life. The question is simply, “*What could I be grateful for in my life?*” If your brain says, “*Nothing*” Say to yourself, “*I know nothing, but what could I be grateful for in my life if I wanted to be grateful for something?*” This is a powerful question to ask yourself and your job is to simply ask yourself this question over and over again. You’ll get some wonderful answers.

By considering all the things in your life you are grateful for, you put yourself in an incredible state of mind and become a magnet for more wonderful things to appear in your life.

You can then begin to ask yourself a whole set of empowering questions such as

“What could I be happy about?”

“What prayer has God or The Universe already answered for me?”

“What is working in my life?”

“What could I be excited about if I wanted to be excited about something?”

What could I be proud about in this moment?”

“Who do I love and who loves me?”

**The Meditation Walk** – This walk is all about experiencing the miracle of mindfulness. This is a walk where you ask yourself to stay completely in the present moment and out of your head. This is the opposite of the gratitude walk because you are 100% present to your surroundings, trying to see the beauty in everything around you. This is the way I believe dog’s experience the walk most of the time. They live in the present moment. This type of walk is wonderful for allowing you to see the beauty in each and every moment.

**The Incantation Walk** – This walk is all about reciting out loud powerful declarations or affirmations to the Universe - stated in the present moment. The power of this practice to change your life has been universally accepted by many traditions in the east as well as the west. You can also use this Incantation Walk to recite your goals stated in the present moment. “I now have ..., I now am..., I now experience...”

**The Breath Walk** – This walk is all about focusing on your breath. There are many different ways to do this but one specific way that will give you an abundance of energy is to inhale through your nose 4 short breaths and then exhale through your mouth 4 short breaths. You repeat this pattern over and over again. Practice this walk to increase the energy level in your life.

**The Visualization Walk** – This walk is all about visualizing what you want to create in your life. Visualization has helped many people achieve their goals and it can help you too. The idea is to make the images in your mind so real, you can practically see, feel, hear, taste, and smell it. So real in your mind’s eye, like if it’s already happening.

**The Daily Magic Walk** – This walk is a walk that *combines* several of the above mentioned walks together. You can start out doing the *Breath* walk and then go to the *Gratitude* walk. You can follow that up with the *Visualization* Walk and finally progress to the *Incantation* Walk. For a more detailed explanation of how to do this, listen to personal development speaker Anthony Robbins’ “Get the Edge” program and specifically his “Daily Magic” CD.