

## **Wellness tips we can learn from a dog, man's best friend:**



- **Never pass up the opportunity to go for a joy ride.**
- **Allow the experience of fresh air and the wind in your face to be pure ecstasy.**
- **When loved ones come home, always run to greet them.**
- **Take naps and stretch before rising.**
- **Run, romp and play daily.**
- **Be loyal, never pretend to be something you're not.**
- **If what you want lies buried, dig until you find it.**
- **Eat with gusto and enthusiasm.**
- **When someone is having a bad day, be silent, sit close and nuzzle them gently.**
- **Thrive on attention and let people touch you.**
- **Avoid biting when a simple growl will do.**
- **On hot days, drink lots of water and lay under a shady tree.**
- **When you're happy, dance around and wag your entire body.**
- **No matter how often you're scolded, don't buy into the guilt thing or pout; run right back and make friends.**
- **Delight in the simple joy of a long walk.**