



Fit mit Hund: gemeinsam - aktiv - gesund (German Edition)

Tanja Petrick, Kerstin Grey, Jan Mohr, Sascha Winkler

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Der präventive Gesundheitsaspekt von sportlicher Betätigung wird immer wichtiger, die Freizeit jedoch knapper und das Zeitmanagement komplizierter. Kombinieren Sie doch das Angenehme mit dem Nützlichen, indem Sie mehr Zeit mit Ihrem Hund verbringen und dabei spielerisch Ihre eigene Leistungsfähigkeit und die Fitness Ihres Hundes steigern:

- Ganzkörpertraining für den Hund
- Ausdauer- und Krafttraining für Hund und Halter
- Fitness-Partnerübungen für Hund und Halter
- Entspannungsübungen
- Ernährungstipps

Ein gemeinsames Fitness- und Entspannungstraining stärkt die Gesundheit von Hund und Halter und intensiviert die Mensch-Hund-Beziehung. Für ein Plus an Lebensqualität, Aktivität und Gesundheit für Sie und Ihren Hund - egal, ob Sie Fitnessanfänger oder -profi sind oder ob Sie einen Familien-, Sport- oder Diensthund haben.

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