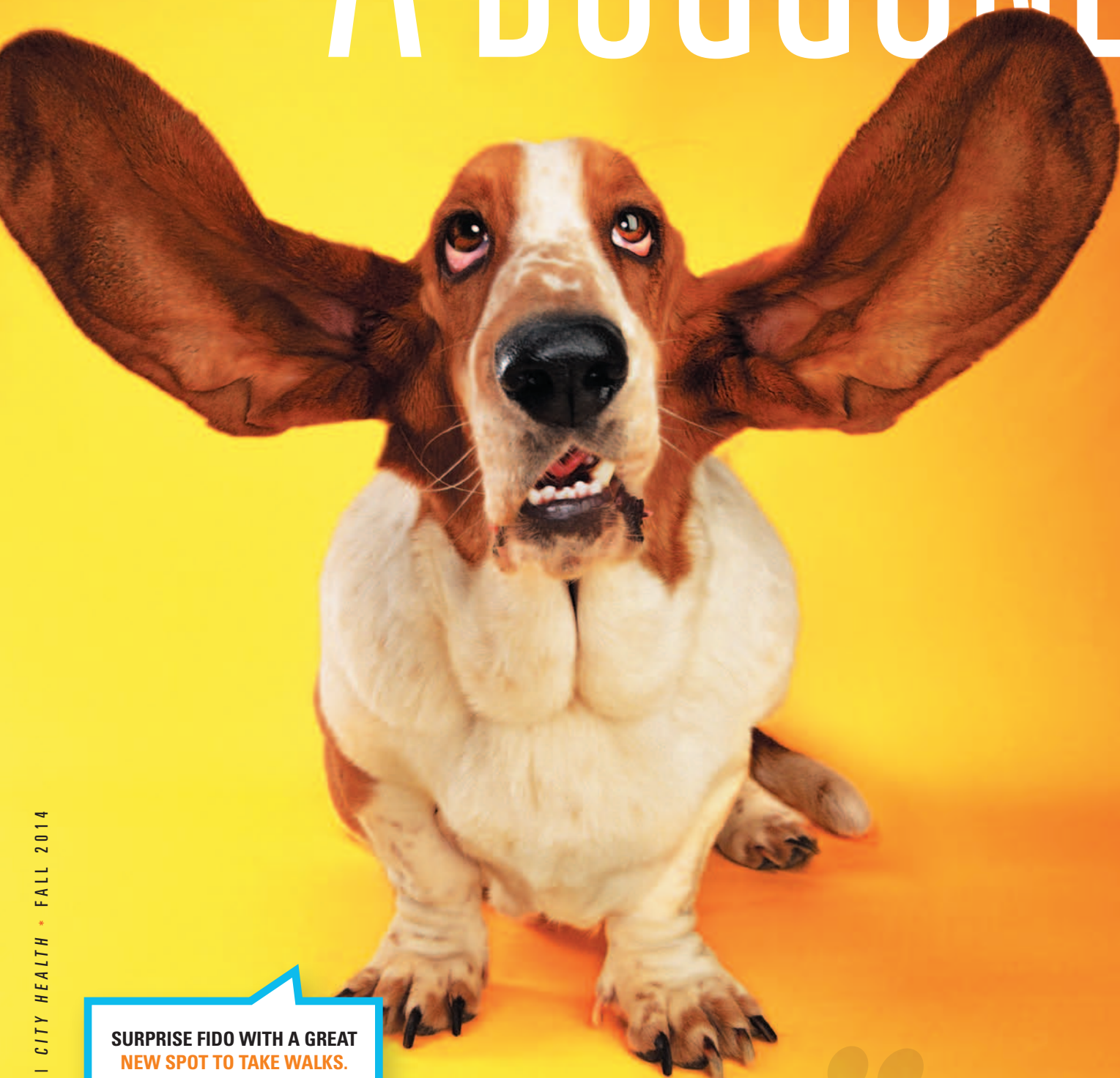


your wellness



A DOGGONE



**SURPRISE FIDO WITH A GREAT
NEW SPOT TO TAKE WALKS.**



GOOD WORKOUT



YOUR PET WOULD HAVE TO BE **BARKING MAD**
NOT TO LOVE ALL THE MOST **DOG-FRIENDLY**
EXERCISE SPOTS IN THE BIG D.



YOUR PRECIOUS POOCH IS MORE THAN JUST MAN'S BEST FRIEND—HE'S ALSO MAN'S BEST EXERCISE PARTNER. In the same way it's important for you to get workouts in to stay healthy, dogs need to break a sweat, too. Doing so can help control behavior problems like chewing and digging, reduce digestive issues, keep weight under control, and build confidence.

Sure, your neighborhood is probably a great place to take a couple of laps, but what about when you want a change of scenery? The Dallas area is home to tons of fun options for you and your dog.

Trail Time

White Rock Lake calls itself the jewel in the crown of the Dallas park system, and it's a deserved title. Here, you're in the city but feel a world away, given the peaceful surroundings and pretty views everywhere you turn. You'll be in good company, with plenty of other joggers, walkers, cyclists, paddleboarders, yogis, and more. The loop around the lake is nine miles.

For more cardio, try Katy Trail. Once the site of abandoned railroad tracks, this spot is now one of the most popular recreational routes in the city. Winding through Uptown and Oak Lawn, the trail has a wide concrete surface, plus an

adjacent soft-surface track. Go for a walk, jog, or even in-line skate with your dog. Along the way, you can stop and refuel at the Katy Trail Ice House restaurant, which boasts a lively patio that welcomes tail-waggers—yours is sure to find another four-legged friend to sniff and say hello to.

A Walk in the Park

For a bit of frolicking, a park is the perfect place. Although the White Rock Lake Dog Park is currently closed for improvements, when it reopens early next year, it'll be better (and bigger) than ever. It's a solid choice for a pup to play due to the prime

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5 FIDO-FRIENDLY 5KS AND 1 FOR THE KIDS

What could make a fun run even more, well, fun? A dog by your side, of course! These annual 5Ks in the DFW area embrace pets—just make sure yours is comfortable with the distance and is on a tight enough leash that he or she won't impede the progress of other runners.

- **February:** Dash for the Beads (Oak Cliff)
- **May:** Run for Retrievers (Coppell)
- **September:** Running of the Nerds (Rockwall)
- **November:** Dallas YMCA Turkey Trot (Dallas)
- **December:** Dallas Jingle Bell Run (Dallas)

While dogs aren't allowed at Heroes for Children's Heart of Gold 5K and Fun Run, it's well worth participating in the September 27 race in Richardson. In addition to promoting awareness about cancer in children, the event raises funds to support families on the cancer journey.

PLACES WE LIKE



A DOGGONE GOOD WORKOUT

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location, sections for both small and big dogs, and plenty of buckets to lap up a refreshing sip of water.

Farther north, at the expansive Arbor Hills Nature Preserve in Plano, choose from paved pathways or nature trails amid three distinct natural zones: Blackland Prairie, with black clay soil; Riparian Forest, a tangle of trees by the river; and Upland Forest, filled with cedar elms and roaming rabbits. After a good workout, stop at one of the covered tables and enjoy a picnic lunch. Don't forget something for your companion—you can always drop in to Three Dog Bakery nearby for a treat. Perhaps a pupcake (the canine version of a cupcake) or a paw-shaped cookie?



DON'T HAVE A DOG?

If you're thinking about adopting, consider this: Pets can help lower blood pressure and ease anxiety.

Plus, on those days you're not feeling like moving, your dog might just look up at you with those can't-resist eyes and beckon toward his or her leash by the door. That extra motivation works wonders—dog owners are more likely to meet recommended physical activity guidelines than people without canine companions, according to a 2013 study in the *Journal of Physical Activity & Health*.

Back in the heart of Dallas, among the city's skyscrapers, the 5.2-acre Klyde Warren Park contains My Best Friend's Park, a pooch-approved place to make friends and run through fountains. It's easily accessible from downtown or uptown. (A bonus if you're looking to go between the two neighborhoods: Your dog can ride the free M-Line Trolley along McKinney Avenue with you.)

Been There, Done That? Try This

If you want to break out of the mold of the traditional activities of walking, hiking, or jogging with your pet, there are plenty of opportunities in Dallas for alternative exercise. While your dog may not be able to swing a golf club, he or she can swing by Topgolf with you. You'll hit micro-chipped golf balls toward targets on an outfield, competing for accuracy and distance; your dog will watch in awe. And maybe drool. That just means your pooch thinks you're doing a great job (and thanks you for bringing him or her along).

For an active pursuit you can do together, consider dogga, aka yoga with dogs. "It ends up being good medicine for both you and your dog," says Rene Hawthorne, yoga instructor and owner of the Lotus Chick. Her dogga classes focus on incorporating dogs into your yoga routine in a gentle way—for example, sitting with them on the mat and giving them a massage, balancing with them on your back while you're doing a pose, or just having them nearby, feeling like they're part of the relaxation practice.

Don't think your dog's cut out to be a dogi? You might be surprised. "People think 'My dog's too wild or too excited or too young or too old,' but just like with yoga, you have to modify on the mat for each dog," Hawthorne says. "Dogs are pack animals by nature, and they're a perfect match."

The benefits also extend to humans—increased joint mobility, better balance, and a greater sense of well-being are just a few of the perks. But the chance to socialize with other like-minded dog owners while bonding with your fur baby might just be the best part of all. ❖

PLACES TO LEAVE YOUR MARK

Arbor Hills Nature Preserve
6701 W. Parker Road, Plano
972-941-7250

Katy Trail
Multiple points of entry, Dallas
katytraildallas.org

Katy Trail Ice House
3127 Routh St., Dallas
katyicehouse.com

My Best Friend's Park
2012 Woodall Rodgers Freeway, Dallas
klydewarrenpark.org

The Lotus Chick
Yoga with Your Dog
thelotuschick.com

Three Dog Bakery
5960 West Parker Road #228, Plano
threedog.com

Topgolf
8787 Park Lane, Dallas
1500 Andrews Parkway, Allen
topgolf.com/us/dallas

White Rock Lake
Multiple points of entry, Dallas
whiterocklake.org

My Best Friend's Park in Klyde Warren Park
2012 Woodall Rogers Freeway, Dallas
klydewarrenpark.org/Park-Map/index.html

