



## BARK U Training Guide: How to Get Your Dog's Energy Out!

### Why Is Energy Management Important?



Dogs are happiest and healthiest when their physical, mental, and emotional needs are met. Without proper outlets for their energy, dogs can develop problematic behaviors like destructive chewing, excessive barking, or nuisance habits. Providing both physical and mental exercise is key to a well-balanced dog—and a happier you! Think of your dog's energy like a tank that refills every morning. To enjoy a calm and relaxed pup in the evening, you need to positively “drain” that energy throughout the day with engaging activities.

### Two Types of Exercise: Physical and Mental

#### Physical Exercise

This involves any activity that gets your dog moving and burning energy.

#### Examples of Physical Exercise:

- Walks, running, or hiking
- Flirt poles, ball, or frisbee games
- Canine sports like Flyball, Agility, and Rally
- Swimming and dock diving
- Homemade obstacle courses
- Canine-friendly treadmills

#### Mental Exercise

Mental stimulation uses your dog's brain, engaging their five senses (taste, touch, sight, sound, and smell). Mental activities are just as important as physical exercise, as they help prevent boredom and reduce the likelihood of behavioral problems.

#### Examples of Mental Exercise:

- Feeder toys, lick mats, and frozen stuffed Kongs
- Interactive games like hide and seek



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- Puzzle toys that challenge your dog to “think” for a reward
- Training classes (e.g., obedience, tricks, or canine conditioning)
- Bones and chews like bully sticks, pig ears, or antlers

## Easy Ways to Get Your Dog’s Energy Out

### 1. Use Enrichment Toys Instead of Bowls:

Ditch the bowl and feed your dog using treat-dispensing toys, feeder toys, or lick mats. This simple change makes mealtime an enriching and stimulating activity.

- Example: A puppy that normally finishes a meal in one minute will spend 10–15 minutes working on a feeder toy, burning both mental and physical energy.

### 2. Rotate Toys and Activities:

Dogs can get bored with the same routine. Keep things fresh by rotating through different types of toys, chews, and activities to see what your dog enjoys most.

### 3. Hide and Seek:

This is a fun way to combine mental and physical exercise. Hide treats or toys around the house and encourage your dog to find them. Start with easy hiding spots and increase the difficulty over time.

### 4. Create a Mini Obstacle Course:

Set up a homemade agility course using household items like chairs, boxes, and broomsticks. Guide your dog through the course with treats and praise.

## Brain Games for Mental Stimulation

### 1. Find It:

Scatter treats or kibble in the yard or around the house and encourage your dog to sniff them out. This taps into their natural scenting ability and keeps them focused.

### 2. Tug and Release:

Play a game of tug with a favorite toy. Use the “release” cue to practice self-control and reward your dog for letting go on command.

### 3. The Muffin Tin Game:

Place small treats or kibble in a muffin tin and cover some or all of the holes with different toys. Let your dog figure out how to uncover the treats.





#### 4. Two-Toy Fetch:

Play fetch with two toys to keep your dog engaged. When they return one toy, toss the second to maintain their focus and excitement.

### The Key to a Happy, Balanced Dog

A combination of physical and mental exercise ensures that your dog's energy tank is drained in healthy, productive ways. By regularly engaging in enrichment activities, you'll:

- Reduce unwanted behaviors like chewing or barking.
- Help your dog feel physically, emotionally, and mentally satisfied.
- Build a stronger bond with your dog through shared activities.

Remember, a happy dog makes for a happy owner! Let us know if you'd like more tips or ideas for enriching your dog's daily routine.



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