

[Click here for an 18 minute video of the Canine Fitness Workshop with snippets of each exercise.](#)

Workshop Feedback

Stan and I thought the fitness workshop was well done. Dr. Samantha is very knowledgeable and had answers to all our questions. The atmosphere was relaxed, casual, friendly. She worked with each person making sure they were doing the exercises on their dogs correctly. Would be great to host her again.

Stan & Melissa

I attended via zoom and I agree with what Melissa and Stan had to say. As to the zoom aspect, I was able to hear and see the demonstration quite clearly. This information will be very helpful whether your dog performs in structured events or is your best friend. The exercises will help keep your pup healthy in the long term.

Bev

I liked how Dr. Sam walked around and evaluated how each of us were doing. Even though it was a group event, it was very personalized as well.

Janet

Since the fitness exercises were all new to me, I found it very interesting. I considered my dog, Quincy, to be fit, yet Quincy was challenged with a few of the simple balancing exercises that Dr. Sam introduced. I also appreciated how Dr. Sam circled around the room after she introduced each new exercise and used each of our dogs for the group to further observe and learn. Nice workshop!

Ronda