



# **Fitness Unleashed!: A Dog and Owner's Guide to Losing Weight and Gaining Health Together**

*Marty Dvm Becker, Robert Md Kushner*

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Got a canine couch potato? In just a few weeks, man's best friend can become man's best exercise buddy. Here's how!

Like their owners, more than half of American dogs are overweight. Research shows that trim pets live up to two years longer than overweight ones—making for a more healthy, vibrant life for your dog.

In a groundbreaking study, top obesity expert Dr. Robert Kushner found that exercising with your dog not only benefits your furry friend, it also gives you more confidence and motivation to exercise, leading to more weight-loss success. Dr. Kushner and prominent veterinarian Dr. Marty Becker have teamed up to present a simple, comprehensive walking program—beginning with just three 15-minute walks per week—that is as good for you as it is for your dog!

From starting out on the right foot (or paw) to gradually increasing the duration of your walks, *Fitness Unleashed!* is an indispensable guide to fitness and fun for you and your dog.

*From the Trade Paperback edition.*

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