



8 Tips To Keep Your Dog Active This Winter

Placeholder for the "Links" field

.layout-container .main { background: #f7f7f2 !important; } .article-header-block { margin-bottom: 0rem !important; } .results-key-header-container { margin-top: 8rem; }



Authored by: Nutro Pet Food

## 8 Tips To Keep Your Dog Active This Winter

SHARE

- [Facebook \(opens in new window\)](#)
- [Shape Created with Sketch. Twitter \(opens in new window\)](#)
- [Pinterest \(opens in new window\)](#)
- [Download \(opens in new window\)](#)
- [Email \(opens in new window\)](#)
- [Print \(opens in same window\)](#)

The days are getting shorter and the temperature is getting chillier for much of the country — ready or not, winter is on its way! For your dog, the shift of seasons can also mean a change in their activity level. As the cold weather approaches, get creative on planning out some fun winter excursions for your pup. Varying indoor and outdoor dog activities will help keep them engaged and out of mischief — and give you something new to enjoy as well!

### 4 Indoor Dog-friendly Activities To Try This Winter

Maybe your furry friend prefers the great indoors, or perhaps unpredictable winter weather keeps you both cooped up when you'd rather be outside. Either way, if you're looking for ways to keep your dog engaged and active even if you're both stuck indoors, we've got you covered.



### **Check Out A Dog Agility Training Facility**

Agility training is just like hitting the gym for your pup — it's great for their brains, their bodies and their overall sense of well-being. Look into local businesses to find a great option for your dog's personality.



### **Teach Your Dog New Tricks**

Engage new parts of your dog's brain by working on new tricks. You can find plenty of new ones on YouTube or in dog-training books at the library. Creating puzzles for your pup to solve is a great way to tire them out on a snowy winter day.



### **Try Out A Doggie Daycare**

Whether you're working from home or heading into the office, your dog could benefit from the stimulation and structure of doggie daycare. Most daycare programs offer half-day and full-day options, so you can fit in a day here or there — whatever works best for your schedule and budget.



### **Hit The Stairs**

If it's too chilly or snowy to head outside, set a timer and head to your staircase. See how many times you and your pup can run up and down. Bonus: You'll get your steps in too!



## **4 Outdoor Dog-friendly Winter Activities.**

If you're heading outside with your furry friend, make sure both of you are bundled up — [don't forget to protect your pup from the cold weather!](#) Dog winter coats can help them regulate their body temperature, even on the chilliest days. Dog booties can help protect their sensitive paws from harsh winter elements like road salt and ice.

Once you're ready to head outside, try to change up your routine to keep your dog engaged. Fun winter dog activities include:



### **Make Snowballs Fun For The Whole Family**

Everyone loves a good snowball — and your dog is no exception! Dogs enjoy chasing after snowballs and rolling around with their favorite people in the snow; playing can even be a chance for your family to bond with your dog. Plan ahead and leave towels at the door for when you return — your dog will be covered from head to tail in snow!



### **Hit The Trails**

Dress in warm layers and head somewhere new or interesting with your pup. Whether you're walking around your neighborhood or on a hiking trail, pick a different route to

challenge your dog's critical thinking skills. They'll love the challenge and you'll enjoy the change of scenery.



## **Play In The Snow**

Kids and pets agree: There's nothing like a good old-fashioned snow day. If your kids are home for the day, send them out to play with their favorite canine friend. Burning off energy in the snow is a win-win for everyone!



## **Visit The Dog Park**

Dog parks are fantastic for helping your pup burn off energy in a safe environment. They're also great for socialization and for learning how to play well with other dogs. A quick online search will bring up nearby dog parks — load up your pup and head on over!

Remember: An active dog is a happy dog. Fresh air and exercise are good for all of us, especially in the winter months when it's tempting to stay all warm and snug indoors. Plan out a few fun dog activities for the cold-weather months and enjoy the time inside and outside with your furry best friend.

## **You May Also Like**



### **[8 Outdoor Activities To Enjoy With Your Dog](#)**

It's no wonder we refer to dogs as our best friends. They're loyal companions that love to be a part of our routines and hobbies — including some of our favorite outdoor activities. These eight ideas will help strengthen the bond between you and your dog while you both enjoy the great outdoors.

[EXPLORE](#)



### **[Everything You Need To Know About Building A Catio](#)**

Catios — or patios for cats — are spaces where cats can safely enjoy the great outdoors. And the good news is that there are lots of ways to build a catio! Your approach mostly depends on how much space you have and what you think your cat would like best. Let's talk about types of catios and explore the elements that make for a successful one.

[EXPLORE](#)



### **[How Dogs Can Help Our Mental Health — And How We Can Help Theirs](#)**

Sure, owning a dog comes with a lot of responsibilities: There are rainy-day walks, early-morning wake-ups and sleep-interrupting zoomies. But having a dog also comes with tons of benefits — and probably the most important of those is the positive impact on your

mental health. Several studies have shown that dogs can reduce stress, anxiety, depression and loneliness. Keep reading to learn about the benefits of being a dog owner — and how you can make sure your dog benefits from your relationship, too.

[EXPLORE](#)



## [\*\*Caring For A Large Dog: 5 Things You Should Know\*\*](#)

Large dogs — boxers, greyhounds, poodles and Weimaraners, just to name a few — can come with large personalities. If you already have one, you probably know that these dogs don't quite understand just how big they are — for instance, many large breeds are convinced they're perfectly lap-sized. But if you're thinking about getting a large-breed dog for the first time, here are some unique considerations to keep in mind.

[EXPLORE](#)

---

**Source URL:** <https://www.nutro.com/articles/8-tips-keep-your-dog-active-winter>