

H. TITLE INFORMATION

FIT AND HEALTHY WITH YOUR DOG

by Tanja Petrick

CONTENT:

You are concerned about your best-loved pal to stay fit and healthy, just the way you care for your own fitness? Here's a helpful guide for dog owners who like to control both their own weight and the health of their canine friends.

Tanja Petrick, a trained fitness coach and rescue dog instructor, has developed a special training for both master and dog that concentrates on healthful and enjoyable exercise together and sensible restriction of calories at meal times. In 2011 she opened her first "Fit with Dog" gym and since then has been training specialised fitness instructors within her facilities.

In this book, Tanja presents a multitude of exercises and workouts to increase both their health and fitness, along with relaxation exercises and tips on appropriate nutrition. A regular fitness training of dog and master will lead to a happier and healthier life as they get fit together.

Rights all available

SPECIFICATIONS:

- 128 pages
- approx. 150 colour photographs
- word count: 19,729
- paperback
- trim size 165 x 210 mm
- retail price: € 14.99
- ISBN 978-3-95843-224-6
- Published April 2016



HEEL Verlag GmbH + Foreign Rights + Gut Pottscheidt + 53639 Koenigswinter + Germany
k.michelberger@heel-verlag.de + s.becker-barth@heel-verlag.de + www.heel-verlag.de