

**Animal Care
Center of NH**  **Professional Pet
Sitting Etc.**

603-888-8088 | www.NHPetCare.com | Profpetsit@aol.com

February 2021 Newsletter

.....

Can you believe the first month of the year is already gone?! Done! Finito! The year just started and is already flying by! Have you started (and stuck to) those new year's resolutions you wrote down? One of the most common resolutions every single year is getting in shape or starting an exercise routine. With the current state of affairs however, it may be a little more difficult if your gyms are still closed or maybe your usual work out partner prefers to work out alone. Whatever the case might be, we have a workout buddy suggestion that we think (maybe a bit biased) is pretty pawsome...your dog! We know what you're likely thinking! Wait, what?! How? Why? Not to worry, we're going to share some exercises that aren't just beneficial to you but your pooch as well!



Running/Jogging

We'll start with the most obvious. Just like you, your pup needs to warm up before the run and get plenty of water. If your dog is younger than 9 months take it easy as too much strenuous exercise could damage their bone development. Make sure your dog has a collar with ID and a quality running leash.

Yoga

This one could be a lot of fun for you and your dog. Yoga with dogs is called "doga" and became a bit of a trend several years ago. There are places that offer dogo classes and [books](#) on it as well. Just remember to have a little patience as it will be quite a learning curve for fido. Namaste!

Swimming

Swimming is a great exercise for strengthening the lungs and bones- and it just so happens, most all dogs can already swim naturally. Due to all the paddling, dogs tire rather quickly so always supervise and be available to help get him out of the water if needed. Consider purchasing a doggy life vest for an extra safety step.

Hiking

Hiking can be a special way to not only connect with nature but also connect with your dog. Gather your [hiking](#) gear, safety gear, emergency kit, treats, water bottles, and a hiking leash for fido. Keep in mind, not to overexert puppies or senior dogs, and watch for any [paw injuries](#).

THIS MONTH'S TOP STORIES

Cats in the White House

Now, don't get us wrong, we love seeing dogs in the White House, but, it's so much more exciting when there's a cat! Just do to the fact that it's kind of far and in between. The last cat in the big house was over 10 years ago! Champ and Major are absolutely precious but I say we take a look back at a few of the fabulous felines that have roamed the halls of the presidential mansion.



First Kitty, Socks moved into the White House with President Bill Clinton and First Lady Hillary Clinton back in 1993. Socks was a bit of a celebrity, even having his own book, song, and website. Socks passed away in 2009.



Willie, actually, India "Willie" Bush to be exact, was owned by the Bush family who occupied the White House from 2001-2009. Willie often was spotted in the presidential library and while he wasn't as infamous as Socks, he too had his own website.



President Calvin Coolidge didn't have one cat, not two, not even three- he had four kitties! They're names were Tiger, Smokie, Blackie, and Timmy. Tiger, arguably, was his favorite and was often seen [traveling](#) around the White House around the president's neck.

Breed Spotlight: Yorkie Poo



The popular yorkie poo is a cute combination of the yorkshire terrier and the toy or miniature poodle. Yorkie Poo's are typically small, friendly, and great family pets.

The Best of Both Worlds

Thanks to the poodle side, yorkie poo's are actually hypoallergenic, making it a top choice for many dog lovers. Because they enjoy cuddling but also playing, they are the perfect balance of laid back and fun-loving. Due to their small stature, they don't need a huge amount of space to get out their energy and maybe it's a napoleon complex but they also make rather good guard dogs in terms of being noise deterrents.

Yorkie Poo Life

Yorkie Poo's live approximately around 10 to 15 years given [proper care](#) and do become attached to their owners, making them a very loyal breed. As far as personalities, this can vary from litter to litter and depending if they have more poodle or yorkie genes.

Caring for a Yorkie Poo

Like poodles, yorkie poos are very intelligent. While this does make them fairly easy to train they also may come with a stubborn streak, so [house training](#) should start as early as possible. They can have a shorter attention span, so performing training frequently in shorter bursts is usually best.

Though they can get in a good amount of exercise indoors, a quick 30 minute walk will give them just

enough exercise on top of normal daily activity. Additionally, yorkie poos need routine [grooming](#) so they need to be brushed daily to prevent matting.

issues they also experience epilepsy more often than other breeds.

The Yorkie Poo overall is a fairly healthy breed, but can suffer from smaller dog health concerns, such as joint

If you're interested in [expanding your family](#) with a yorkie poo be sure to check your local shelter first and then seek out a breed rescue.



Happy Valentine's Day!

Check out these Valentine's Day reads:

[Valentine's Day Pet Tips](#)

[How do You Love your Dog](#)

Animal Care Center of NH
603-888-8088
NHPetCare.com
propetsit@aol.com

Follow Us!

