



read this before you run with your pup

It may be hot, but that doesn't mean you can't take your best friend outside to exercise. Trainer Victoria Stilwell, star of *Animal Planet's It's Me or the Dog*, shares tips for hoofing it in the heat.

1 Carry plenty of H₂O Bring about a liter per mile for you and your dog to share. We like the Doggy foldable water bowl (\$8; amazon.com), which is small enough to fit into your pocket until you need it.

2 Walk or run on grass Dogs are close to the ground, so their bodies heat up faster—and their sensitive paws may burn on the scorching pavement.

3 Avoid the heat Head out early in the morning or late in the evening.

4 Watch your pace If your pup is hanging back or pulling on the leash, slow down; he's saying he can't keep up.

5 Keep him cool If Spot is panting heavily and wobbly on his feet, he could have heatstroke. Put cold compresses on his neck and armpits.

—MARTHA STEPHENSON

