

Ways to exercise your dog in the house:

1. "Sit" "Stay" "Come" – increase the distance
2. Two person recalls – from different rooms!
3. Treasure hunt – hide treats around a room – let them watch
4. Hide and seek
5. Leg weaves – use a treat as a lure
6. Herding indestructible ball – encourage them to push a swiss ball around
7. Chase remote control car
8. Chase light
9. Chase ball in hallway
10. Learn a new trick – shake hands, which hand is the treat in, roll over, play dead
11. Do 'sniffer dog' type training – let them smell a lovely treat, hide it near by – then start increasing the level of difficulty
12. Throw ball downstairs / downstairs – not so good for youngsters (joints)
13. Catch the treat – increase the distance