



## Celebrity Dog Trainer reveals how to make exercising with your dog a weight loss workout

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Most health experts agree that a regular walking program is one of the easiest and most effective ways to lose weight and keep it off. Dog trainer for celebrities such as Christina Aguilera, Alyssa Milano, and Jim Carrey, [Jennifer McCarthy](#) offered her insights on how to get started.

Combined with a sensible diet plan, walking can shape you up and help you maintain your weight loss. The challenge: getting motivated. And that's where your dog can help. A fourth generation dog trainer and Principal of The K-9 Ranch Training Center, Jennifer has trained A-list television, film, and music celebrities and has traveled around the country as a live-in dog trainer for some of the world's most influential people.

"The highest form of bonding you can do with your dog, by far, is to take them for a walk. The stimulation an animal gets from traveling on foot is essential for a healthy mind, body, and spirit," says Jennifer. And that applies to people as well as dogs.

"If you love your dog more than life, the best gift you can give them is taking them for an adventure. There are many health benefits to having a dog and I always tell my clients to do their cardio with their best friend," emphasizes the celebrity dog trainer.

To help both you and your Fido Fitness Trainer get off on the right foot (and paw!), be sure to "start off slow and build up endurance. Walk on flat ground if possible and then gradually build up to hills or running. Be sure to keep you and your best friend well hydrated, out of harsh weather, and away from hot pavement that can burn their paws," says Jennifer.

Curious about which breeds of dogs are celebrities' choices? "Christina Aguilera had two Papillons, Alyssa Milano had a German shepherd protection dog, and Jim Carrey had a Great Dane and Chocolate Lab," says Jennifer. "Christina's dogs, Stinky and Chewy, had issues with potty-training and chewing things. Alyssa Milano had a German Shepherd named Pinto whom I trained to protect Alyssa's home from intruders. When I worked with Jim Carrey, it was my job to introduce his Great Dane to then-girlfriend Renee Zellweger's cat and help them get along."



Christina Aguilera shows the weight loss results of dog-walking.