

# Exercise

This article is an excerpt from the Dachshund Breed Council UK Website from their free EBook “Buying & Owning a Dachshund”

<http://www.dachshundbreedcouncil.org.uk/>

<http://www.dachshundhealth.org.uk/>

A young puppy does not need any formal exercise, playing in the garden will be sufficient. A puppy needs lots of sleep, so allow her to go to bed whenever she wants to.

**NEVER ALLOW CHILDREN TO DRAG A PUPPY AROUND ON A LEAD.  
NEVER ALLOW YOUR DACHSHUND TO RUN UP OR DOWN STAIRS.**

Once the puppy has finished her course of inoculations, start to take her for a short walk of about 5 minutes every couple of days or so to help her get used to traffic and other people and dogs.

By the time she is about 4 months old, she should be having a 10 minute walk every other day, then as she gets to 5 months gradually increase the distance and time to about 15 minutes every day.

By 6 months she should be going for a 20 to 25 minute walk on the lead each day. By a year old you should be giving your dog a 30-40 minute walk a day. Once adult, your Dachsie will take any amount of exercise you care to give.

The exercise advice is particularly relevant for puppies that will be shown because too much exercise, too soon, will cause out-turned feet, poor toplines and poor body development.

Even with a “pet” you’d be far better allowing the puppy to exercise in the garden so she can decide when she’s had enough, rather than any long walks where you risk over-tiring her. They are full of energy until they “grow up” (if they ever do), but you will have a far fitter dog in the long-term if you don’t over-exercise when young.

At the end of the day, it’s up to you of course, but do ensure she gets out and about so he is well socialised by meeting different people and experiences different situations.

[www.ivdd.org.au](http://www.ivdd.org.au)

#### Disclaimer

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