

# Playtime

Playtime and training must be started at a young age.

## Benefits of Play

- Great form of exercise
- **Eliminates** (removes or gets rid of) boredom
- Relieves stress
- Releases excess energy
- Prevents obesity and weight-related diseases
- Strengthens the bond between you and your pet
- Builds confidence
- Is fun

## Did you know?

Behavioral problems are strongly influenced by **genetics** (characteristics gained from parents). Early training will help encourage good behavior.

It is important to have a set of household rules so that your pet is exposed to **consistent** (practicing the same thing all the time) training. This will prevent your pet from picking up bad habits. You have to be confident, firm, consistent, and happy around pets.

