



**Fit City**

Austin's a fit city. There's no doubt about it. Journey along with Pamela LeBlanc as she explores all that's out there for the fitness-minded.

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**What's on this page?**

[Home](#) > [Fit City](#) > [Archives](#) > [2012](#) > [February](#) > [22](#) > [Entry](#)

**Dog bootcamp raises money to provide vet services to needy**

By [Pam LeBlanc](#) | Wednesday, February 22, 2012, 06:06 AM

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You probably can't persuade your pooch to execute the perfect abdominal crunch (or maybe you can), but that doesn't mean he can't join you for exercise bootcamp.

This weekend, you and your pup can participate in a two-hour workout led by FitDog Austin. Proceeds benefit a new program that will help provide veterinary service to Meals on Wheels and More recipients who have pets.

The entry titled "Dog bootcamp raises money to provide vet services to needy."

#### Categories

- ▶ backpacking
- ▶ cycling
- ▶ dance
- ▶ exercise
- ▶ fitness books
- ▶ fitness events
- ▶ Fitness gear and clothing
- ▶ Gear and equipment
- ▶ general fitness
- ▶ gyms
- ▶ hiking
- ▶ massage
- ▶ nutrition
- ▶ Olympics
- ▶ paddling
- ▶ parks
- ▶ rivers
- ▶ rugby
- ▶ running
- ▶ scuba
- ▶ snow ski
- ▶ surfing
- ▶ Swimming
- ▶ travel

The PAWS for Health fund-raiser, organized by Susan Culp, is scheduled for 11 a.m. to 1 p.m. Sunday at Mueller Lake Park, 4550 Mueller Boulevard.

Humans should expect some cardio work, plus a litany of pushups, squats, situps and exercises done with resistance bands. Your dog will get to run with you, and while you're doing your routine, he'll have his own workout. (Think sitting, standing at attention and romping through a figure eight-shaped course alongside you.)

"Just like people, dogs need exercise," says Vickie Menchhofer of FitDog Austin, who will lead the session.

Besides providing your pet with some much-needed exercise — the obesity epidemic isn't restricted to humans, you know — the class can help humans create a stronger bond with their pet.

Menchhofer will also discuss how to modify a workout if your dog has hip dysplasia or other health issues.

The bootcamp costs \$20 for a human plus a dog or \$15 for a human only. To register [go here](#).

That money will help fund the new program, created by the Texas Veterinary Medical Foundation in partnership with Meals on Wheels and More's Pets Assisting the Lives of Seniors program. Through it, select Meals on Wheels and More clients will receive free pet health care.

The program will be gradually introduced starting this month.

At Sunday's event, My Fit Foods will provide water and snacks for humans. Participants (and their dogs) will receive goody bags. All dogs must be kept on a leash.

For more information about FitDog Austin, [go here](#).