

Walkies is great for you as well as man's best friend

OWNING a dog brings many benefits, one being that the owners go for walks with their canine companions whatever the weather. Many people are leading more sedentary lives at work and at home so the idea of having an excuse to get out into the fresh air once or twice a day makes a lot of sense.



The health benefits of regular walking include: reduced blood pressure, reduced risk of heart disease, weight management, increased aerobic fitness, reduced long-term pain of arthritis, reduced risk of bowel cancer, and improved psychological well-being.



And the walks don't have to be just around the block. You can follow a canal towpath or a public footpath or even a long distance path. And how about a beach or a forest? Get really active and go for a day's hike with a lunch at some convivial dog-friendly hostelry – there are plenty of them around here. You'll return completely at peace with the world!



At a time when the media is urging everyone to live a healthier lifestyle, dog owners can share the knowledge that dogs are good for anyone's physical and psychological health, no matter what the environment.



Use a voucher to sample a dog training session with The Monday Night Dog Class held in St Barnabas' Hall, Linslade. The fun includes obedience work, agility, party games and heel work to music.

Neil Wolfenden is at the end of the 'dog and bone' on (01525) 384073 to set up your taster session.

established in Newport Pagnell for **15** years

CLINIC

- Physiotherapy
- Shiatsu
- Osteopathy
- Orthotics
- Foot Health
- Saturday Appointments
- Sports Therapy
- All insurances accepted
- Reflexology
- Male & Female therapists

GYM

6 months membership for only £200

Limited offer

NEW EQUIPMENT NOW IN!

Brand new Power Plate -

No separate fee, included in your gym membership

01908 615045

99 WOLVERTON ROAD, NEWPORT PAGNELL
WWW.BODYLIMITS.CO.UK EMAIL: BODYLIMITS1@BTCCONNECT.COM

Take a look in the attic!

We have on offer: • Pushchairs • Highchairs • Newborn baby clothes up to 12 months • Range of premature baby clothes • Wooden toys • Books and much much more

Archie's Attic

Please come in and take a look:
96 Clarence Rd, Leighton Buzzard LU7 3EL
Tel: **01525 217711**
www.archies-attic.com
OPEN: Mon-Sat 9am-5pm. parking available