

Planned event promotes benefits of walking for dogs and people

Benefits of Council hosted walking events

- Creates opportunity for human and animal physical exercise
- Promotes Council's health and wellbeing policies
- Develops and enhances local social networks
- Forms partnerships between local, state and federal agencies to create healthy programs for communities

Walking is great exercise for the health of both humans and dogs. It is one of the best and easiest forms of physical activity and can help to address obesity which can be responsible for a host of related health problems in humans and animals. Regular exercise also has a positive effect on dog behaviour, with research also demonstrating that dogs can play an important role in motivating their owners to be physically active.⁴³

Hobart City Council's "Dogs on the Domain" annual event is held as part of the Premier of Tasmania's Get Walking Tasmania Campaign, coordinated by the Heart Foundation. Get Walking Tasmania Week is the largest event held in Tasmania and each year promotes walking as a readily accessible form of physical activity. Dogs on the Domain taps into the mutual needs of people and pets for exercise.

"Last year, hundreds of people, families and their pets took advantage of a day out in the domain. This event is designed to get people active by providing a series of walking options across the Queens Domain."

Alderman Rob Valentine, Lord Mayor, City of Hobart



Partnerships between different organisations help to underpin the event's success. The Hobart Dog Walking Association, the Dogs' Home of Tasmania and the Hobart Canine Obedience Club assist in the running of the event, with the Dog Walking Association designing the walk and the Obedience Club demonstrating dog activities like flyball, agility and herding.

"It's great to see members of the public join in on the fun. It certainly gets them fit as much as the dog!" said the Lord Mayor.

For many people, walking a dog is more fun and more rewarding than walking alone. Some people go for a walk mostly to keep their dog healthy and fit but in the end, both dogs and their owners benefit from the physical activity, fresh air and sunshine that a good walk gives them.

"Dogs on the Domain also recognises that many people find it's nicer to walk in a group rather than alone, it's a different kind of experience altogether," said the Lord Mayor. "It becomes a social occasion where people can come out with the whole family, dog included!"

"The Hobart City Council continues to support an active community through events such as Dogs on the Domain, involving people with likeminded interests who have a desire for a healthy lifestyle."

Alderman Rob Valentine

Such events also provide an avenue for social contact and getting to know others, which in turns contributes to the overall sense of community.

Tips

- Contact a federal health organisation to enquire into event opportunities
- Partner with local dog associations to enable their expertise and networks for the event

Web Links

Hobart City Council - www.hobartcity.com.au

The Heart Foundation - www.heartfoundation.org.au