

Your Dog is Your Workout Partner

Photo



- **City of Beachwood Recreation Department**
 - Health & fitness
 - Nation's first outdoor fitness program for people and dogs
 - Fun and Challenging workout
 - Dog Training included
- **First class: 2009 in California.**

County: Cuyahoga
(Cuyahoga District #)

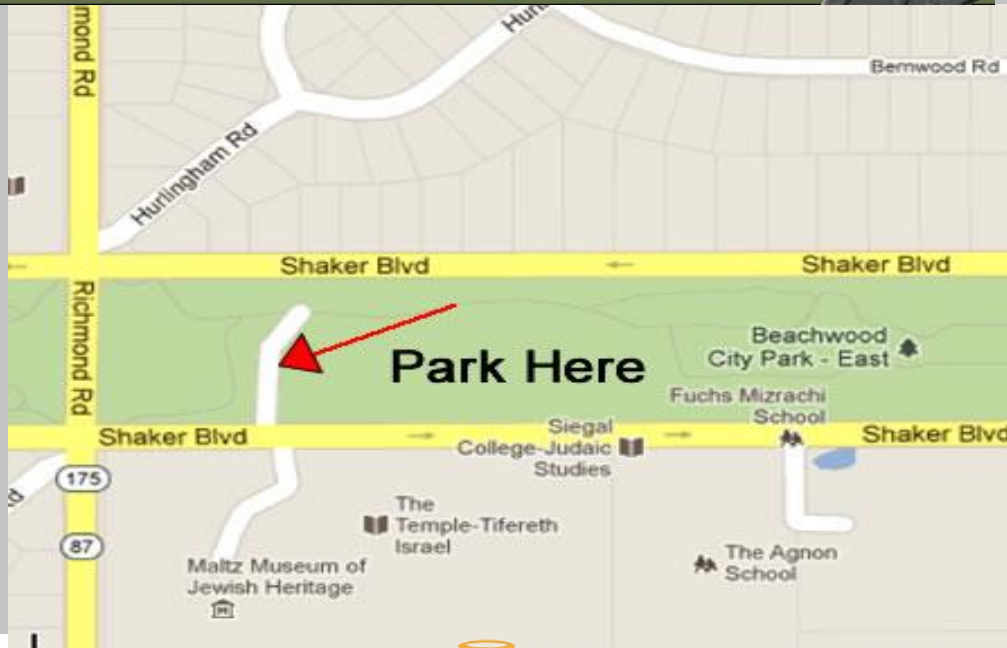
Thank Dog!
BOOTCAMP
Obedience and Fitness for Dogs and their People • Cleveland, OH

CITY OF
Beachwood

Your Dog is Your Workout Partner



- **Participants:** Class targets all sectors.
- **Location:** Program can be operated in any large green space, where dogs are permitted. Leash laws apply.
- **Program frequency:** Offer program once a week, several different time/day options.
- Cost is about \$15 per day for participant



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Your Dog is Your Workout Partner

Thank Dog!® Bootcamp is the place where exercise and dog obedience training is taken one step further.

We are the nation's first outdoor fitness program that combines dog training, weight training, and cardio training for dogs and their people.

This fun and challenging workout was designed by qualified professionals (both dog and fitness - trainers) to stimulate the mind, focus on the body, and create a soulful connection that will bond you and your dog forever!

We're the one-stop fitness program where everything gets done in an hour (saving time and money) and nobody is left behind (or at home in this case)!

By enlisting in our bootcamp, you'll not only get the body you've always wanted, you'll have a well trained, happy dog too!

- **Unique!**
- **Benefits, Goals and Results:** Great workout for you and your dog. Go home feeling fit, dogs go home happy, tired and relaxed.
- **Very unique approach:** Exercise class, dog training, bonding time, happy and healthy participants!

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Participants tell the tale!

"Daisy and Sadie: the post-workout routine"



"Daisy" is my 4 year old Beagle and "Sadie" is my almost 2 year old Beagle/Jack Russell Terrier mix. It took them a little while to "get with the program" but now they get so excited whenever we head to the park for class. They love running through the cardio drills, practicing their obedience skills and meeting their fellow doggy bootcampers. Since starting Thank Dog! Bootcamp, "Daisy" and "Sadie" slip into joyful doggy comas after every workout.

I signed up for the exercise and they came along for the socialization. Seven months later, we are still loving bootcamp! I love being able to work out with my dogs. An additional benefit has been the weight loss (I am at 55 pounds and counting!). And of course, I love my happier, healthier and sleepier dogs!!! Thanks to Heidi, Celeste and Lisa for bringing such a great program to NE Ohio!

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More tales!



Heidi Braun, Owner
neothankdog@gmail.com

Chrissy Nemeth & Annie

Thank dog boot camp puts the WOW in bow-wow! My dog Annie loves attending and I know when were done with the class, I will be bringing home a sleepy pup. Boot camp has been very successful in helping Annie with her obedience training and fitness. I credit Thank Dog for helping Annie pass her CGC test and helping keep her fit for coursing and agility. This has been one of the most rewarding experiences I have ever had with my dog. We absolutely love it!

Call 440.364.7699

for information about the program or other services you may be interested in.

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Progressive Insurance

Progressive Fitness Centers
Outdoor Fitness Programming



County Council
District # 6



Progressive Insurance

Progressive Fitness Centers



Special Outdoor Fitness Events

Mudder Mornings

- A 12-week, intense, outdoor, all-weather conditions training program for various mud- and obstacle races!

Snow Bells

- A class that builds *snowmomentum* in a winter wonderland! This outdoor, in-the-snow kettlebell class challenges participants in multiple ways!

Category: Fitness

Year Started: 2012

Location: Progressive Fitness Centers and SOM Center Campus; Austin TX Campus; Colorado Springs Campus

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Outdoor Group Fitness Classes

- Large group outdoor training classes that utilize all aspects of nature and the parks, from hills and trees, to the fitness equipment on the trails to improve strength, speed, stamina, and camaraderie amongst peers!

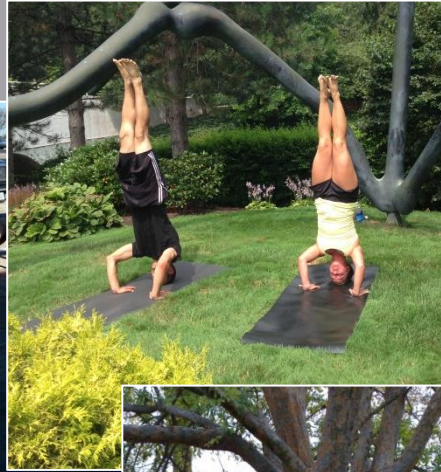
- Metabolic Conditioning
- Sport Cardio
- Boot Camps
- Kettlebells
- TRX Suspension Training
- ViPR

Category: Fitness

Year Started: 2011

Location: Progressive Fitness Centers and SOM Center Campus; Austin TX Campus;

Colorado Springs Campus



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Run @ Work Day Scavenger Run

- An annual 2-3 mile event that sends teams of 4-6 participants on a running expedition of the Mayfield Village campus and parks to find clues and complete fitness challenges!

Endurance Insurance 5k run & 1 mile walk

- A fun and friendly springtime race utilizing the MetroPark trails and paved paths to encourage fitness during the workday!

Thanksgiving Turkey Trot 5k run & 1 mile walk

- This festive, fall 5k run and 1 mile walk gets people out enjoying the change of seasons in the park and on the trails!



Category: Fitness:
Running events

Year Started: 2012

Locations: Progressive
Fitness Center, Progressive
SOM Center Road
Campus, Mayfield Village
Parks

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Fitness Field Days!

- An afternoon of team-based activities reminiscent of your grade school field day!
 - Tug-of-war
 - Water balloon toss
 - Relay races
 - Fill the bucket

Category: Fitness

Year Started: 2013

Location: Progressive Fitness Centers and SOM Center Campus; Mayfield Village Soccer Fields

County Council
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Tandem Bike and Hike

- **Cleveland Sight Center Recreation Department**
- **Type:**
 - To provide access for people who are blind, visually impaired and may have additional challenges to Cuyahoga Valley National Park and sports and leisure activity
 - To Improve Health & Wellness
 - To offer Education Safety Training, and New Skills
 - Access to Nature through social activity
 - Exposure to diverse cultures & history of CVNP
- **Year Started c.1990**



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Tandem Bike and Hike



- **Participants:** 60 Teens and adults
- **Staff & volunteers:** Typically 1-2 Cleveland Sight Center staff with 8-10 volunteers
- **Location:** Cuyahoga Valley National Park Hunt Farm. Gravel paths for riding and nature trails for hiking.
- **Program frequency:** Monthly April through September. Third Saturday of month 9 AM to 12 PM
- **Other:** Limited by number of bikes, volunteers, and transportation capacity



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Cleveland Sight Center Tandem Bike and Hike



- Our program is **unique** in Cuyahoga County, Ohio and one of few across the country
- **Transferability:** Replication is absolutely do-able and encouraged. We'll provide technical help!
- **Ideas to Start:**
 - **Begin Small** the program will grow through exposure and WOM. 1 bike and 1 consumer is all that is needed. But...have a vision.
 - **Partner** with local group - Rotary, Key Club, Health Club, Church group etc. for volunteers (funding?)
 - Also Partner with local agency(ies) to find participants - special need classes in school, group homes, senior centers etc.

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The Cleveland
Hiking Club



Cleveland Sight Center Tandem Bike and Hike



Prepare Well

Get Good advice – find someone proficient with tandem biking and listen to them.

Train – this is not ‘just riding a bike’. Need to know mechanics and nuances of tandem biking, the environment, and the special needs of constituents.



Buy best equipment you can afford, bikes, helmets, pads

“I love this program. It gets me out and lets me feel independent”

-Paula

“How cool is this: Once a month, for over 20 years, groups from the Cleveland Sight Center head down to the Hunt Farm visitor’s center to hike, enjoy the outdoors and, amazingly enough, ride a bike.”

– CoolCleveland.com

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Officially Cool!



Cleveland Sight Center Tandem Bike and Hike

Things to think about...

Maintenance \$20-30 per year per bike, lubrication, tires, cleaning, storage

Schedules – weekdays are usually less crowded but exclude people with jobs.

Often overlooked are rules for all participants, hydration, we incorporate into larger wellness efforts of diet and exercise .

Say yes! Yes to the 1 person who wants to start.



Ask me about cross country skiing and winter hiking on the trails!

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Future Hopes:

- We imagine a participant achieving competitive status i.e., Paralympics
- Tandem biking available 'on demand' for individual w/ vision loss
- Municipal recreation programs including tandem opportunities for residents who are blind, family tandem outings,
- Inclusion with tandem clubs for sighted people

Benefits, Goals and Results: .60 participants gaining access to fitness and outdoor activities, National Park, and socialization. Weight loss and miles ridden tracking recently introduced for some participating in the WellPoint/United States Association of Blind Athletes Fitness Challenge. However for all participants quality of life factors – confidence, independence, inclusion and socialization... priceless