



# Chapter 17 Summary – Nutrition and Exercise

## Academic Summary

Chapter 17 explains how proper **nutrition and exercise** are essential to maintaining a dog's health, performance, and longevity.

Dogs require a balanced diet that includes key **nutrients**:

- Proteins (growth and repair)
- Fats (energy)
- Carbohydrates (additional energy)
- Vitamins and minerals (body functions)
- Water (essential for life)

## Core Learning Objectives

The chapter emphasizes the importance of understanding **dog food labels**, including ingredient lists and nutritional adequacy statements. Guidelines from organizations like AAFCO help ensure food meets basic nutritional standards.

You will also learn how to determine:

- **How much to feed** (based on size, age, activity level)
- **How often to feed** (puppies vs. adults)
- **Body Condition Score (BCS)** to evaluate if a dog is underweight, ideal, or overweight

Exercise is equally important. Regular activity:

- Maintains healthy weight
- Builds muscle and endurance
- Prevents behavioral problems
- Supports overall well-being

The key takeaway is that **nutrition and exercise work together**. Proper feeding without exercise (or vice versa) will not result in a healthy dog.