



# ALL FIT DOG Seminar September 24th, 2016

with Racine Haytt

Fee: \$50.00 per person.

To register please contact Bernie VanPelt

PH: (519) 520-4019 e-mail: [bvanpelt@outlook.com](mailto:bvanpelt@outlook.com)

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**Time:** 10 am till 4 pm. One hour lunch break 12.00 to 1.00 p.m. Lunch is available on site.

**Location:** London Schutzhund Club at our Club House. Address: 11129 Greystead Drive, Denfield, ON.

**All Fit Dog seminar, brief info:** Improve Fitness for overall wellness for all dogs at all stages of life. You will plan a fitness program designed to enhance all 10 elements of health using functional movement exercises and activities which are mechanically sound and safe for all dogs. The fitness needs of each dog differ by degree not kind, so we scale exercise volume and intensity, NOT requirements.

Topics include: 10 elements of health, the EFA's for optimal fitness, exercise recommendations for strength, endurance, body awareness and flexibility.

**About Racine Haytt, SRC, CCM:** Racine is certified in Canine massage, graduating from Treetops. She then went on to complete studies in Canine Rehabilitation at the Animal Rehabilitation Institute in the USA, receiving instruction in Anatomy & Physiology, Bio-mechanics, Program Design and Rehabilitation Techniques and Canine Sports Medicine (candidate). She seizes every opportunity to attend workshops and seminars believing the key to being able to help so many different dogs successfully has been her continuing education which puts as many 'tools in the box as possible' since there is rarely one right answer!

Racine has been training dogs in various disciplines since 1972. She would discover her life's purpose and the world of rehabilitation in 1992 when she was blessed with her first canine life-partner, Meisha, who required several surgeries to repair the damage from the acutely abusive situation from which she had been removed. Today, Racine's practice in rehabilitation exposes her to (what she believes) is a ridiculous number of dogs recovering from the same few injuries – pets and athletes alike! As we enjoy more active lifestyles, so do our dogs; and yet few people apply the same basic 'rules of fitness' to the dogs as for themselves. A large part of her programs at DOGWORKS is education – and as word spread, Racine began doing more conditioning / preventative counseling than injury recovery! Racine shares her life with Boxers, German Shepherds and an extraordinarily patient husband! Courses: [All Fit Dog](#), [Conditioning the Performance Dog](#), and [Pre-habilitation for Puppies: Preserving Function/Preventing Injury](#)