



# Enrichment vs. Exercise Helping Your Dog Feel Regulated — Not Just Tired

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Many dogs get plenty of exercise. Far fewer get true enrichment. A tired dog is not always a calm dog. A stimulated dog is not always a regulated dog. Understanding the difference can dramatically change your dog's behavior — and your relationship.

## What Is Exercise?

- Physical movement and output
- Walks focused on mileage
- Fetch, running, structured play
- Treadmill or endurance activity

## What Exercise Does NOT Teach

- Emotional regulation
- Frustration tolerance
- Environmental processing
- Thoughtful decision-making

## What Is Enrichment?

- Sniffing and foraging
- Licking and chewing
- Problem-solving
- Choice-based exploration
- World Watching

## What Enrichment Builds

- Confidence
  - Emotional stability
  - Adaptability
  - Processing skills
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