



Penny Maus and her Beagle, Friday, participate in a variety of boot-camp activities.

Canine boot camp

Last year, Penny Maus wanted to get into better shape. As a birthday gift to herself, she enrolled in a boot camp for dog owners near her home in San Diego.

After just one workout, she and her 6-year-old Beagle were hooked.

"My dog, Friday, was so happy after the first session," Maus recalls. "She did a victory lap around the house and jumped up on me and gave me lots of kisses."

Boot camps for dogs and their people are springing up all over the country, offering busy owners the convenience of a one-stop fitness program. Maus attends weekly classes at Leash Your Fitness, where personal trainer Dawn Celapino usually leads a pack of 15 clients and their dogs.

"Most of the people showing up for class work all

Celapino says. The circuit-style camp is designed so people can work at their own pace and fitness level.

Owners also receive the added bonus of a better-behaved pet. Obedience commands are woven into each workout to reinforce good behavior. Even Maus has noticed an improvement in her already well-mannered pet.

"Friday was pretty good before, but I feel like she's extra good now," Maus says.



PHOTOS COURTESY OF PENNY MAUS



Nani's surfing career began as a lark.

DIANNE EDMONDS

Ride the waves

Californian Peter Noll never thought about entering Nani, his Bernese Mountain Dog, in a surfing competition until her hidden talent serendipitously emerged one day in 2008 at the beach.

The 85-pound dog had jumped into Noll's kayak. On a whim, he carefully led her out into the ocean then turned and pushed her and the kayak onto a small wave.

"She sat there like Cleopatra all the way to the beach," recalls Noll, who started surfing in 1963 when he first moved to San Diego.

A few weeks later, Nani competed in the Helen Woodward Animal Center's Surf Dog Surf-A-Thon, where she placed second overall.

Today, Noll and Nani surf every other weekend at local dog-friendly beaches from April to October, when the water is a little warmer and the surf is not so big.

The 7-year-old dog usually rides waves by herself, but at the 2010 Purina Incredible Dog Challenge Surf Dog competition in Ocean Beach, Calif., the two shared a board for the first time.

"We had a lot of fun and even placed second," says Noll, adding that he plans on surfing in tandem more often.

Get surfing! A doggie flotation vest and soft-top surfboard are all you