



As a certified canine fitness master trainer, Carol Frasso, left, is an expert in canine body mechanics, anatomy, functional movement, behavior, and nutrition. She employs this knowledge at her canine spa and fitness club, Woofinwaggle in Raleigh.

Getting fit with Fido!

Dogs, like people, need distractions — such as regular exercise — to combat boredom and decrease anxiety, experts say. Carol Frasso of the K9 fitness club Woofinwaggle of Raleigh knows all about that. Her gym, whose motto is "Get Fit. Get Fluffy," conducts classes with such names as

"Fitness with your Fur-Baby." The ASPCA, for one, notes that behavioral problems can result from lack of play and exercise, includes destructive chewing or digging, barking, and whining for attention. "Some people don't like going to the gym, but with a dog, you have a built-in gym partner," Frasso says.

Photographs by Kathryn Rende

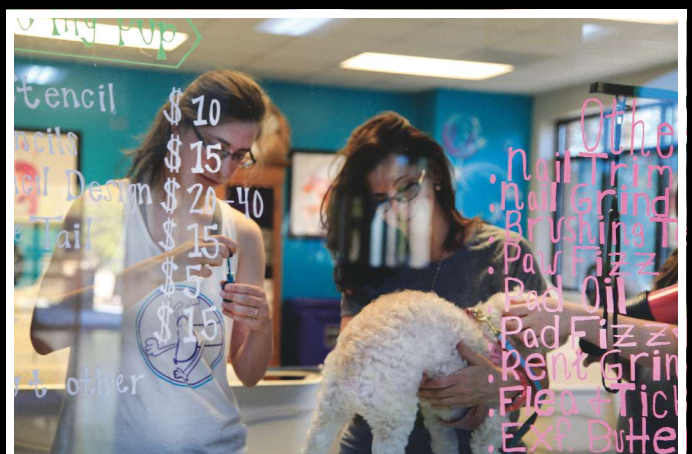


Clockwise from above:

In addition to creating a safe place for dogs to work on their fitness, Woofinwaggle provides a space for humans to work out with their best friends.

In addition to offering fitness classes, clients at Woofinwaggle can also schedule a bath or pedicure.

Standing on a balance ball helps dogs like Molly strengthen their legs and core muscles. Having good fitness is just as important for dogs as it is for humans.



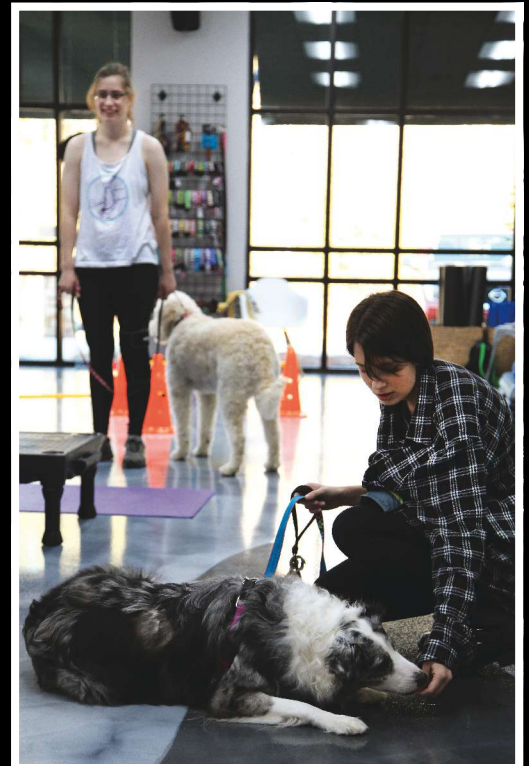


A portion of Carol Frasso's class consists of slow, relaxation exercises designed to deepen the bond of trust between dog and owner.



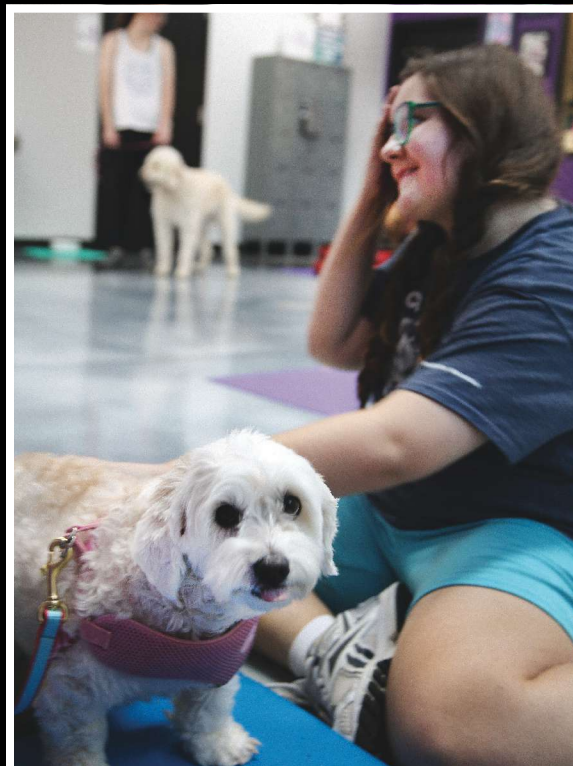
At left, If you've ever given a dog a bath, you know that it can take forever for fur to dry! Frasso and friend Connie Adams have been working to create reversible bathrobes for dogs to help dry them completely after a bath.

Many of Frasso's clients are interested in obedience and socialization training, including how to keep dogs calm, happy and safe in public settings. At right, Maddy Johns in foreground with Stella and Gaella Materne in back with Molly wait to begin a new exercise.





Molly practices sitting at attention in a distracting situation as Gaella Materne works on strength training.



Ash Benton, 11, from Raleigh, goes everywhere with her Javanese dog, Aly. She says she loves coming to Woofinwaggle for group exercise saying, "it's more fun than gym."