
Fitness Tips

by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

Question: *I go for a run in the early morning three days a week, and lately I've had some trouble with a dog coming after me. Any advice on how to handle this?*

I just read that three million dog-biting incidences are reported in the U.S. each year! These range from playful nips to fatal maulings. The next time you're confronted by a strange-acting dog during your morning run:

- * Be aware of the dog's location; look in its general direction, but don't "stare it down." Staring is often misinterpreted as an aggressive challenge.
- * Let the dog sniff you. In most cases, it will go away once it determines that you are not a threat. Do not, however, raise your hands or reach out to pet the dog; this can be misinterpreted as a threat.
- * In a low, calm—but firm—voice say, "No! Go Home!"
- * Remain still until the dog leaves. Back away slowly until it's out of sight.
- * If the dog does attack, try to "feed" it your workout jacket or anything that might distract the dog while you slowly back away.

Have you tried stopping by in your vehicle sometime to talk to the dog's owner? A smart dog owner would make every effort not to have their dog wandering into the road, flirting with runners!

Cari Draft Elliott is an ACE-Certified Personal Trainer who makes "house calls"! Please check out her website at www.oneononefitgirl.com and email your questions to cari@oneononefitgirl.com.
