

Guinea pigs wanted to take dogs for a walk

There's nothing like a dog to get you off the couch and out the door for exercise. University of Victoria researchers are looking at how people with dogs can increase the amount of exercise they take, and they are looking for adult and canine volunteers.

Previous studies have shown that people with dogs are more likely than those without to go out for exercise in lousy weather.

Now Ryan Rhodes and Joan Wharf Higgins of UVic want to expand on the research.

They are looking for adult dog owners who want to be more active and who already briskly walk their dog less than four times a week, for a minimum of 30 minutes each time. Participants will be asked to complete a questionnaire and wear a pedometer for a week at the beginning, middle and end of a three-month period.

Participants will receive a \$25 gift card. Anyone interested should contact Holly Murray at 250-472-5488. — Times Colonist