

## 2012 ARTHRITIS WALK CANINE HERO

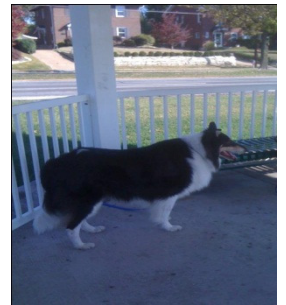
Peyton Winters – Male - Rough Coat Collie – Tricolor

Born October 24, 2004

Peyton was born in a litter of six collies. He was carefully selected from the litter simply because he appeared to be the calm one. Peyton was also the largest pup in the litter weighing 11 pounds while all of his siblings weighed 6 pounds or less. Little did we know these were the first of many clues that would eventually lead us down the road of surgery and arthritis concerns.

Peyton never acted like a puppy. We considered him as having been born with an old soul. He never chewed household items, never ran until he dropped, never jumped with excitement or to greet visitors. In February of 2005 just under 4 months old Peyton's vet noticed abnormal bone growth and recognized his beginning stages of hip dysplasia. A surgery called "juvenile pubic symphysiodesis" was the recommended procedure in an effort to prevent Peyton's hip dysplasia.

Following the surgery arthritis quickly set in and Peyton had even less desire than before to exercise. His daily routine was to eat and sleep, never wanting to play or walk or run. By September, 2011 Peyton was a very unhealthy dog. He was 7 years old and weighed 101 pounds, barely able to lift his backside up off the floor. He could not get in or out of a car without assistance and he could only walk about one city block. Peyton's future looked grim. He felt it and so did we.



His journey to good health began that September, with a trip to the Vet, a prescription for glucosamine, a change in diet (eliminating table scraps), restricting treats and changing his dog food formula to weight control. His new exercise routine started with a one block walk in the morning and in the evening. Each week his walk distance increased block by block. Eventually he was up to 1 mile, then 2 miles and 5 miles, Peyton's two walks a day grew to three walks a day, (morning, afternoon and evening). Rain or shine, sleet or hail, Peyton walked. We joined a social group called All Dogs Meet Up St Louis. As a member of this group Peyton met new friends and took part in walks and hikes around St Louis on weekends.

To track his progress, every other week Peyton would visit Petsmart for an official WEIGH IN. This activity quickly became one of Peyton's favorite things to do. Showing a weight loss on the scale always resulted in a lot of praise, hugs and a healthy treat. This diet and exercise program resulted in a consistent weight loss of 1 pound each week. Peyton's new lifestyle had been created.

Most recently on February 26, 2012, Peyton went on a seven mile eagle watching hike in Winfield, MO with the All Dogs Meet Up Group. Nineteen dogs and their owners attended the event. Peyton remarkably was one of four dogs that finished the entire seven miles and he even finished in 1<sup>st</sup> place. When the hike was over he excitedly jumped in the backseat of the car on his own steam and a new zest for life. - Tired, Yes! Lame, No!



Today Peyton weighs a healthy 77 pounds. He is still larger than the average collie, but has reached HIS ideal weight. Peyton loves to walk and now has no problem getting in or out of the car. He can even run for short distances unlike before. Peyton looks and acts healthier than he did even as a young pup.

Peyton is proof that maintaining a proper weight and exercise routine can change your life!