

Rescue Your Fitness

Nourish your body and soul, spread love, workout for free, while helping out a dog in need.

Everyone has a busy life; we tend to get caught up in our 'bubble'. And, who isn't guilty of excuses like: "It's too cold and windy outside for exercising today". Well, dogs would never have an excuse, they are always keen to be out and play, they should be our role model. However, there are sadly shelter dogs that don't have this privilege of jumping around whenever they want to.

But guess what? You can change this by being part of 'Rescue Your Fitness', a non-profit organisation and registered charity. It initially started as an initiative by personal trainer Jason Siebert, who started volunteering at his local shelter at Gosford on the Central Coast, NSW. Jason couldn't have a dog at this time so he would go and walk with a shelter dog. He realised that the staff was overwhelmed and the dogs were not getting enough. Jason inspired his clients and other trainers and it took off from there.

This is why You should get involved:

"Humans and dogs are not so different. We both need to move, be fed, and loved to be healthy. People underestimate the power an animal can have on our daily lives. By taking these animals out for a walk and spending time with them you're not only helping them but they are helping you and it's an amazing addictive feeling. There is no downside," shares Jes Reinhard, the marketing manager of 'Rescue Your Fitness'.

The fitness hype hit us a long time ago, looking 'healthy' and being active is part of our daily life, but (damn) the money puts a spoke in our wheels sometimes. Have we mentioned RYF? This is like a win-win; The dog is happy going for a run while you are completing a FREE and FUN workout. Who would say no to this? You will form a very special and unique bond with the dog and might not want to ever let him go. And you know what, you can adopt a shelter dog and give him a forever home.

Here is how You can get involved:

Go to a local shelter, find your dog, and off you go. After you and your companion have been on a free and fun workout together, take a selfie and share it on Instagram to spread the love. This will not only make your friends and family jealous, but it will help awakening people's attention wanting to do what you just did – brightening up a rescue dog's day.

The effects of social media:

“The power of social media is undeniable, that alone has been the major difference in how we have grown over the past few years. The program itself of getting people into shelters is our number one priority. Number two is sharing their story. We are about storytelling in a busy world where everyone has FOMO a simple walk with a dog who needs some love and attention has an amazing grounding effect. And it shows in the pictures we share,” said Jes.

Jes told me about two of the most memorable moments he has experienced so far, which I want to share with you: “The first, being the first pack run at Gosford Dog Paws, you could see the excitement and the emotion of everyone involved. The second is the special report we had on Sunrise Morning show that went out to hundreds of thousands of people across the country.”

You are probably wondering what a Pack Walk is, it’s fun. It is a special event to get all the dogs out of a shelter at once in order to make a statement. You will be out running or walking with the group and having a fun group workout. RYF organises several as pack runs, pack walks, and more for you and your dog.

Our community perception of rescue dogs is widely misunderstood and far behind the reality of what they are. We tend to believe that those dogs are locked up in shelters and pounds due to committing a crime or because they are simply not suitable for a home. Hands down, being part of ‘RYF will forever change your perception and prejudices you have on rescue dogs. “It is a movement to bring awareness to Rescue dogs all over the country and the adopt don’t shop campaign. The program is also about bringing humans and animals together to a mutual end were both can benefit.”

Everyone can and has the power to help, so why don’t you?

[Click here](#) to find out about social media, and about how to find your local shelter.