

Exercise

It is very important to remember that this is a large breed that needs to grow slowly without undue impact on their joints.

A good guideline to follow is no "formal" exercise such as running (especially on pavement) until after two years of age.

Daily walks are great exercise for your fila puppy. Not only will this help the puppy bond with you, but will increase their confidence as well as give them all the exercise they need at this time in their young lives.

Nature hikes, camping, swimming are all excellent ways of giving your puppy exercise.

Some other things you can do is to incorporate obedience training and tracking education as a way to add more exercise to your filas routine.

Just remember that just as you would not start a young immature child on a serious exercise routine....so you do not want to do this with your immature fila as well.

The reward will be a fila with sound joints (disregarding inherited conditions) and sound mental capabilities. Exercise is good for their mind as well as their bodies.