



## Ruff It

### Volunteer dog walking

Animal shelters across the city are on the hunt for volunteers to walk and play with dogs—lively, low-impact exercise. “We always have more dogs than walkers,” says Paula Fasseas, chairman and founder of PAWS Chicago (Pets Are Worth Saving), a no-kill animal organization based in Little Village. PAWS aims for three 20-minute walks per dog per day—and the often brisk pace required means walkers burn calories

while toning arm muscles holding on to the leash. Volunteers are welcome Monday through Friday 9 a.m. to 4:30 p.m. and must complete a 45-minute orientation covering topics like how to use a leash and where to walk the dogs (773-521-1408; [www.pawschicago.org](http://www.pawschicago.org)).

**GEAR** Comfortable walking shoes **BURN RATE** One hour burns about 350 calories

