

*"We had a great time working with Neil. It was more like meeting a long-lost friend – totally relaxed. My boyfriend was afraid of my German Shepherd and now, solely because of Neil's training (for boyfriend and dog), he walks the dog every day."*



## **Family Integration Training (FIT) – From Dogon Fitness**

FIT Training helps you live in harmony with your dog. Neil Knolle is your trainer. He will first assess how your dog is responding to the household routine. FIT Training progresses methodically and supports what you are already doing effectively with your dog. All members of your household play a critical part in the FIT process. Children and adults will enjoy FIT Training. FIT puts everyone on the same page when dealing with the family dog. Importantly, FIT recommendations are based on your household's particular needs.

FIT Training is supportive and encouraging. Neil clearly and simply demonstrates techniques to improve your dog's behavior in the home and when outside on leash. You and your family receive lots of gently supervised practice.

If you think your household can benefit from FIT Training, contact Dogon Fitness, or Neil Knolle directly. Check out the FIT Program options for puppies and mature dogs.

### **BASIC FIT for mature dogs – Two sessions**

Recommended for households with exuberant dogs, dogs with disruptive behavior, and dogs that are difficult to walk on leash. BASIC FIT meets for two training sessions of 1.25 hours each at your home (2.5 hours total). Sessions are normally one week apart. Total Cost: \$280

During BASIC FIT you communicate your concerns. Neil guides discussion of your daily household schedule to identify who does what with your dog. You observe improvement techniques then participate in lots of guided practice. BASIC FIT helps everyone in your household establish consistency and implement solutions to dog care problems.

### **PUPPY FIT – Two sessions**

Recommended for households who want to give puppies a good start. This is a program for first-time puppy owners, or those who haven't had a puppy for a while. PUPPY FIT meets for two training sessions of 1.25 hours each at your home (2.5 hours total). Sessions are normally one week apart. Total Cost: \$280

PUPPY FIT helps you develop a consistent and simple daily routine for your puppy. Learn how to establish a predictable feeding/voiding schedule and use crating appropriately to promote successful house training. Practice leash handling and learn to encourage beneficial puppy play.

### **FIT TUNE-UP for Puppies and Mature Dogs – One session**

Recommended for households who need to standardize their approach to the family dog. This is an excellent single session option for good dogs needing behavioral reminders. If you want to take a more active role in dog care, or brush up on dog handling skills, you will enjoy FIT TUNE-UP which meets in your home for 1.25 hours.

Neil Knolle will work with you to find solutions to your dog-related concerns. You observe and practice techniques modeled by the FIT Trainer. You practice issuing consistent commands, and giving praise and corrections. You practice leash handling techniques to make walking your dog much easier. Total Cost: \$140

### **Contact and Scheduling Information**

Email DogonFitness in Maryland or Virginia: [packleader@dogonfitness.com](mailto:packleader@dogonfitness.com)

Website: [www.dogonfitness.com](http://www.dogonfitness.com)

Neil Knolle, FIT Trainer: 703-861-5898 or email to [krdevel@cox.net](mailto:krdevel@cox.net)