

Do Animals Need Exercise?

Do animals get enough exercise? Wild animals do. They move a lot to look for food. They run, swim, climb trees, and walk far. Sometimes wild elephants walk more than twenty-seven miles (forty-five kilometers) a day!

Sometimes animals in zoos don't get enough exercise. They live in small spaces. Zookeepers always feed them. Many zookeepers help animals get exercise. At many zoos, the zookeepers teach elephants to stretch and bend. The elephants walk and run. They lift a heavy ball with their trunk. The zookeepers help big cats, like lions and tigers, too. A zookeeper hides a bone in a tree. Then the zookeeper teaches the big cats to climb and jump to get the bone. Big cats can also play with toys to stretch their muscles.

Sometimes pets don't get enough exercise. Dogs need to run outside. Cats need balls to hit with their paws. Birds need to flap their wings. It's important for pets to get enough exercise. Pet owners need to play with their pets. Exercise helps keep animals fit and healthy.

