

Lisa Bonker

Canine Conditioning Seminar

By Pam Coblyn, CDTC Obichaff Editor and Seminar Coordinator

On January 10, 2016, the CDTC kicked the New Year into high gear with a day of conditioning seminars with Lisa Bonker, a Certified Canine Conditioning expert, FitPaws instructor and nationally famous NADAC agility competitor. The seminar was so



popular that all working spots sold out within 4 hours and were quickly reserved by CDTC members who always have first dibs on working spots for our seminars.

Lisa held two different sessions:

the morning was conditioning for puppies and seniors and the afternoon was on conditioning for jumping. Some members signed up for both sessions.

Lisa brought enough equipment for everyone to work their dogs—FitBones, FitPaws, exercise Peanuts, wobble boards, slant boards and an assortment of clever items that helped dogs to stretch and strengthen

their muscles, tendons and ligaments. We even learned how to fashion homemade equipment and use common household items. Lisa stressed safety and instructed everyone on proper techniques and form—what to do, how to do it and what *not* to do.

Older dogs, puppies and middle-of-the roaders had turns on the equipment and tried a variety of exercises. Lisa's encouragement and patience helped very LARGE dogs and little cuties perform the exercises and challenges because Lisa made them FUN! Humans learned that there is even a proper technique for Sit Pretty! Who knew?

Before the seminar, Lisa emailed out special “notes” for each session. Participants were able to come for the day fully prepared and knew what to expect. The notes also serve as a valuable reminder of all the important knowledge Lisa shared with us and many members purchased FitBone equipment at a reduced cost.

It is wonderful to know that our members realize that keeping our dogs in good condition is important for every venue—not just agility. (*We had only two agility dogs at this seminar!*) Even “pet” dogs deserve to be fit.

We hope to have Lisa come back to our club later this year!



Lots of doggie gym equipment!



A jump grid teaches dogs to crawl!



Seminar Attendees Say It Best...

“Thanks to Lisa Bonker for putting on a greatly informative seminar” —Ken Briefel

“It was great. I am so excited about putting many of these exercises into action!” —Jodie Jeweler

“I thoroughly enjoyed the session yesterday and learned so much. Thank you Lisa for the wealth of information” —Shirley Blakely

“We really enjoyed the seminar yesterday. I was glad to know we are way on the road to getting back to normal with Stryder. I now wish I had taken the entire day!!! Lisa you are wonderful and I really enjoyed meeting and working with you.” —Sue Faber

“I echo all the thanks to Pam for organizing, Lisa for great imparting of knowledge, Ken for great photos, and everyone for being a nice mutually supportive

crew. I left quite excited about what my old girl and I can do together to give her as much good time as possible. Lucy left quite pleased with herself for being braver and more agile than I expected. —Nan Marks

“Thanks all around. Love the pics, Ken, and it was wonderfully well organized Pam..yummy pizza and goodies. Lisa, thanks so much for everything. I now feel like I have a plan for moving forward. Tomorrow Bodhi and I will be practicing balancing on our 2 new FitBones...we'll both be in better condition as a result of this seminar!” — Luann Korona

“I had a fabulous time!” —Missy McMunn

“It was a TERRIFIC seminar! One of the best I have taken. Thank you everyone—it was a fun group and I enjoyed meeting many of you.” —Vanessa Andrews

