



RABBITS NEED EXERCISE TOO!

What are the two key components for a healthy body? Eat a balanced diet and get plenty of exercise! Though free roaming house rabbits have plenty of space to exercise, it is up to them whether they want to engage in it or not. Sometimes rabbit owners have to motivate them to do so by having them follow along, play with them or create an “obstacle” course of sorts, to challenge both their mind and body. Exercise helps young rabbits develop a healthy bone structure and helps adult rabbits maintain a healthy physique and muscle tone.

For rabbits that spend most of their days in their cage, daily exercise is critical to their physical and mental health.

- It is recommended that a rabbit be out in an area no smaller than 6'x3', preferably bigger (or the run of a room or whole house) for a minimum of 4 hours per day. Since rabbits are naturally most active at dawn and dusk, it is best to split the 4 hours into two 2 hour sessions: one in the early morning and one in the early evening.
- If the exercise space is made up of concrete, tile or marble flooring, be sure to put a rug or a sheet down so the rabbit's feet do not get sores and they don't slip when they scoot around.
- Younger rabbits are more active and therefore will probably be more destructive and need more exercise time and structured play. Larger breeds tend to be less active than smaller breeds purely based on body mass and, in turn, require less exercise time than their smaller counterparts.
- The exercise area is not the only important part, as there should be “obstacles” and/or enrichment items in the area. Also, you are encouraged to engage your bunny in play or training that gets them moving and thinking.
- Training your rabbit to pick items up and bring them to you or place them in containers is also a great way to get your rabbit mental and physical exercise at the same time. It also makes for great entertainment for friends and family.