

HOUNDZTOOTH

PET HEALTH YOU CAN TRUST. NATURALLY.

RACHAEL'S
Mobility & Joint
Health Guide



*Simple daily tips to help support
comfortable movement, healthy joints,
and active ageing in dogs.*

BECAUSE A HEALTHY DOG IS A HAPPY
DOG.

A Note From Rachael



As dog owners, we all want our dogs to stay active, comfortable, and enjoying life for as long as possible.

Over the years, I've seen how much everyday mobility can impact a dog's happiness — from wanting to go for walks, to jumping in the car, climbing stairs, or simply getting up comfortably after resting.

After studying natural animal nutrition through the College of Integrative Veterinary Therapies and spending years working within Australia's pet industry, I created Houndztooth to help support dogs naturally through targeted nutrition and premium wellness products.

Houndztooth Mobility Aid was developed using carefully selected ingredients designed to support healthy joints, flexibility, movement, and overall wellbeing.

Alongside targeted nutrition, small daily habits can also make a meaningful difference to your dog's comfort and quality of life. In this guide, I'm sharing some simple tips to help support healthy movement and active ageing naturally.

Because a healthy dog is a happy dog.

Rachael

Founder, Houndztooth

Natural Animal Nutrition — College of Integrative Veterinary Therapies



01

Signs Your Dog May Benefit From Mobility Support

As dogs age, changes in mobility can happen gradually and are often easy to miss in the early stages.

Some common signs your dog may benefit from additional joint and mobility support include:

- Slowing down on walks
- Stiffness after resting
- Difficulty getting up comfortably
- Avoiding stairs or jumping
- Limping or favouring one leg
- Less interest in exercise or play
- Taking longer to sit or lie down

Supporting joint health early may help maintain comfort, mobility, and quality of life for longer.

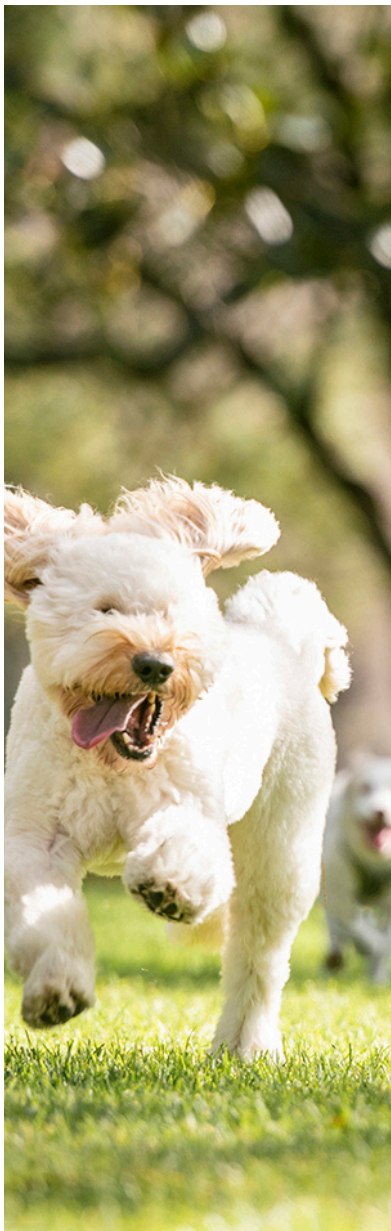


02

Daily Mobility & Joint Health Tips

Consistent daily support is often one of the most important parts of maintaining healthy movement in dogs.

Small daily habits can help support your dog's comfort, mobility, and overall wellbeing.



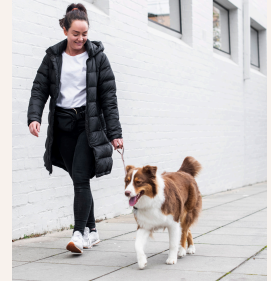
1. **Keep Dogs Moving** - Gentle daily movement helps support flexibility, joint health, and muscle strength.
2. **Maintain a Healthy Weight** - Healthy body condition may help reduce additional pressure on joints and ligaments.
3. **Choose Low-Impact Exercise** - Swimming, gentle walks, and controlled play are great low-impact activities.
4. **Create a Comfortable Home** - Supportive bedding and rugs on slippery floors can help dogs move more comfortably.
5. **Support Joints Through Nutrition** - Targeted nutrition and supplements may help support mobility, flexibility, and active ageing.

Gentle At-Home Mobility Exercises

03

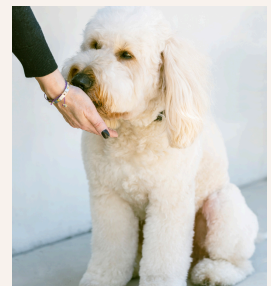
Slow Controlled Walks

Gentle daily walks can help keep joints moving and muscles engaged.



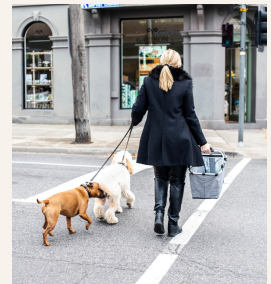
Sit-to-Stand Repetitions

Encouraging dogs to slowly sit and stand may help support muscle strength and mobility.



Gentle Incline Walking

Walking on gentle hills or slight inclines can help engage hind leg muscles naturally.



Create a Comfortable Home

Rugs and non-slip flooring can help dogs move more confidently and comfortably around the home.



Gentle, consistent movement can help support comfort, flexibility, and healthy mobility throughout every stage of life. Always keep exercise gentle, controlled, and suited to your dog's age and mobility level.

04

Supporting Joint Health Through Nutrition

Nutrition plays an important role in supporting healthy movement, flexibility, and active ageing in dogs.

At Houndztooth, we focus on targeted nutrition using carefully selected ingredients designed to help support:

- Joint health & mobility
- Flexibility & comfort
- Healthy inflammation response
- Active ageing & overall wellbeing

Mobility Aid and our Joint & Mobility Health Meal Topper can be incorporated into your dog's daily routine to help provide additional nutritional support for healthy movement and everyday comfort.

Because a healthy dog is a happy dog.



Key Ingredients For Healthy Movement

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NZ Green-Lipped Mussel

Naturally rich in nutrients that help support joint health, flexibility, and mobility.



Turmeric

Traditionally used to help support joint comfort and a healthy inflammation response.



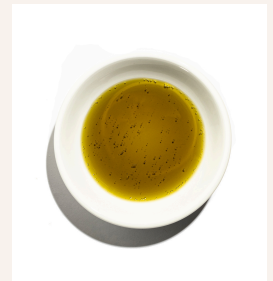
Bovine Collagen

Supports connective tissue, cartilage, and healthy joints.



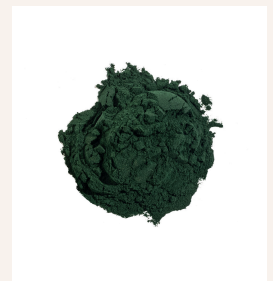
Hemp Seed Oil

Rich in essential fatty acids to help support overall wellbeing.



Spirulina

Supports general health, vitality, and everyday wellbeing.



06

Simple Daily Mobility Routine

Supporting mobility doesn't need to be complicated. Small daily habits can help maintain comfort, flexibility, and healthy movement over time.

Morning Routine

- Gentle morning walk
- Joint & Mobility Health Meal Topper added to breakfast
- Supportive bedding can help dogs wake comfortably rested

During the Day

- Regular short walks
- Avoid excessive jumping where possible
- Comfortable resting areas
- Non-slip flooring for better stability

Evening Routine

- Calm evening walk or gentle movement
- Mobility Aid supplement added with dinner



Choosing The Right Daily Support

07

Mobility Aid Supplement

A daily supplement designed to help support:

- joint health
- flexibility
- healthy movement
- active ageing

Best for:

- ageing dogs
- active dogs
- large dog breeds
- stiffness after rest
- dogs needing extra mobility support



Joint & Mobility Health Meal Topper

An easy way to add functional nutrition to meals using:

- freeze-dried raw ingredients
- targeted mobility support ingredients
- added taste and variety

Best for:

- fussy eaters
- everyday nutrition support
- natural daily mobility support



Small daily habits and targeted nutrition can help support comfort, mobility, and wellbeing throughout every stage of life.



08

Healthy Ageing Naturally

Comfortable Rest

Supportive bedding and warm resting spaces can help dogs recover and rest comfortably.

Consistent Movement

Gentle daily walks and low-impact exercise can help maintain flexibility and muscle strength.

Targeted Nutrition

Functional ingredients and balanced nutrition may help support joints, mobility, and overall wellbeing.

Regular Check-ups

Routine veterinary care can help monitor mobility changes and support long-term health.

Thank You

At Houndztooth, we believe supporting healthy movement begins with consistent care, quality nutrition, and simple daily habits.

Our goal is to help dogs stay active, comfortable, and thriving through every stage of life using carefully selected ingredients and practical everyday support.

Thank you for taking the time to learn more about supporting your dog's joint health and mobility naturally.

Because a healthy dog is a happy dog.

Rachael

Founder, Houndztooth

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Pet Health You Can Trust. Naturally.

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Explore Our Joint Health Range

