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## Blank dog shirts

The Race for Life is open to everyone – so bring the whole family with you, including the dog! Dress your puppy for the Race for Life with this dog t-shirt, available in 3 sizes for everyone. Follow the latest daily buzz with the BuzzFeed Daily newsletter! A quick, easy and probably free project. Turn any t-shirt into a fun toy to play with your dog. Old t-shirts Rope fabric scissors (optional)Put shirt on the floor. Cut the collar, the bottom seam and the arm seams. Cut the sleeves and put aside for later. Cut the shirt into strips 1-1 1/2 and put into stack. Cut the sleeves in half so that they become a long rectangle. Cut the fabric into strips and stack. Take a strip, cut in half and tie it on top of the pile of strips. Braid straps, tie bottom half, and cut any excess.1. Be creative. Braid can include a piece rope or cut several shirts to make multicolored toys. I have so many old t-shirts that are too lovely to separate. I decided to wear these shirts and turn them into other useful pieces. One way to transform is to turn these shirts into a smaller size suitable to fit on my miniature poodle, Petey. It has 18 pounds and many of the beautiful shirts available for dogs are for smaller breeds or female dogs. This inspired me to figure out a way to increase and improve my dog's wardrobe selection in a cheap but creative way. It's very fast and easy and Petey likes to model her new clothes. I hope you all like my tutorial. Is the stress of losing your keys getting too familiar? Adding more exercises to your routine can help boost your memory, according to a new study from the University of Illinois. The researchers tested 158 sedentary adults between 60 and 80 years old on things like spatial memory and studied how often they forgot names, faces and directions. They also performed brain scans to measure the size of the hippocampus, the region of the brain that is believed to play a vital role in memory retention. After testing all participants with a basic treadmill exercise, the researchers found that people with the highest levels of aerobic fitness also had the highest hippocampuses —and better memory. More than MensHealth.com: Brain Health and Memory Loss The hippocampus is the storage site for memories —both those needed to complete day-to-day activities and those that are more long-term, says study author Amanda Szabo, a doctoral student at the University of Illinois. Exercise, Says Szabo, can help maintain your hippocampus by promoting neuron growth and increased blood flow to the brain. And that's important, because the hippocampus shrinks as causing neurons in the brain to die. This, in turn, can lead you to forget things like birthdays—or where your keys are. I recommend following public health guidelines for physical activity—a minimum of 150 minutes aerobic activity per week, says Szabo. Add strength and flexibility training, and your hippocampus should remain as strong as the rest of your body. Want to be able to remember more and think faster? Check out this list of 10 secrets for best brain use. This content is created and maintained by third parties and imported into this page to help users provide their email addresses. You may be able to find more information about this and similar content in piano.io MECKY/Photodisc/Getty Images While websites typically charge for blank forms or certificates, you can get a free pedigree chart that can be posted on a website. BreedersDomain.com this free service, which takes the details about the parents and ancestors of a pet and converts it into an official pedigree chart that can be posted on a website. The BreedersDoman.com website offers forms that you fill in with the following details: Name of the animal, the type of animal (dog, horse, cat or bird), the breed of the animal, the variety of the animal, the color of the animal and its date of birth, and the registration number. You can also add a URL that leads to an image of the animal online, although it is optional. Other details include text size, background color, text color, and font. The word lord in the document refers to puppies or male dogs, while dam refers to puppies or female dogs. Pedigree Form Maker offers forms for dogs 3, 4 and 5 years old. However, a fee is charged. To place an order, you just need to select the breed of dog you want to add to your certificate. The certificate will be sent to your door ready for you to complete. Kathryn Schumacher 1. They're majestic. Large dogs, especially the fluffy ones like The Great Pyrenees and St. Bernard, have a certain majestic stoicism incomparable to their smaller canine cousins. 2. Large dogs are easily mistaken for bears. I can live in the United States, in an area where temperatures reach 103 degrees Fahrenheit, but that doesn't stop people from cursing my dog (pictured above) is a polar bear. And you might be surprised at how many people think it's unusually cool to have a bear. 3. They are the life of the party. When your friends start coming to your home or apartment more often, they are coming to see your dogs, not you. 4. They are protective. Seriously, what's a Pomeranian going to protect you from? 5. Big dogs are great at breaking the ice. Step one: Bring your giant dog on a walk in the city center. Step Two: The dog will attract. Step Three: Get dates. 6. They love to caress. You can cuddle with any dog, but can lap dogs be the big spoon? 7. You can share your clothes with them. No need to buy dog when your trench coat or winter hat fit perfectly into your dog. 8. Big dog means big heart. Their hearts are literally bigger than those of small dogs. 9. They will force you to exercise. Try to keep up with a big dog in one morning. Morning. or walk. You're always going to get tired before the dog. 10. The bigger the dog, the smaller you look. Forget vertical stripes and all black — your dog is the solution to all your slimming needs. Photo: Liam, Great Pyrenees, author's dog. This content is created and maintained by third parties and imported into this page to help users provide their email addresses. You may be able to find more information about this and similar content in piano.io piano.io

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