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If you made a resolution to get fit and healthy in 2015, and you love animals, we have the perfect incentive for you. All you have to do is get out the leashes and take a Walk for a Dog.

Walk for a Dog is a smartphone app by WoofTrax that supports your local animal shelter every time you walk. Download the app - Walk for a Dog - on your phone then register your location, your name and your email address and choose Burleson Animal Shelter as the beneficiary. You can add pictures and names of your dog or dogs and choose which activity you want to do that day (walking, biking, running). Unlike a standard pedometer, WoofTrax uses GPS to track the distance. You can track your activity for the past year or just the last 30 days.

Since the Walk for a Dog app was introduced in January 2014, WoofTrax has garnered almost 100,000 users who have taken more than 800,000 walks for more than 3,500 shelters and rescues across the nation. Every walk counts, whether it is a quick walk around the block or a three-mile hike. Donations are based on the number of people walking for the shelter, the number of times they walk and how far they walk. It tracks usage by how many walks you take, not by distance, so there is even more incentive to get out there every day and hit the pavement or trails. And, Walking for a Dog is not only good for you and the animal shelter, but it gets your dogs moving and socializing too.

The Walk for a Dog app was not promoted locally in 2014, but even so, as of Nov. 11, 2014, Burleson Animal Shelter supporters had walked 275 times with Walk for a Dog, netting the shelter an \$8 donation. As of Jan. 27, 2015, the number of walks had increased by more than 100 with 11 people walking 391 times for a total of 808 miles for the Burleson Animal Shelter.

Donations from the Baltimore, Md. based WoofTrax are generally made twice a year. Those donations are funded by sponsorships, advertising and investors. The donation pool is divided based on the number of people walking for the Burleson Animal Shelter and the number of times they walked. The more active you are, and the more friends you get to download the app, the more the Burleson Animal Shelter receives in donations.

When the Burlson Animal Shelter receives monetary donations, the funds are put in to an account that can be used to pay veterinarian bills for animals that are sick or injured. The animal shelter does not have a veterinarian on staff, but they do have a veterinarian who is available and will examine and treat sick or injured animals. Being able to provide that medical care to a lost pet gives the staff a chance to try to find the dog's owner. Money that is donated can also help save the lives of many animals. As of Jan. 28, 2015, the shelter has taken in \$460 and spent \$825, not counting one surgery, for upper respiratory infections and wounds in the shelter animals.

When Little Bit, a 2-year-old Chihuahua/Pug, came in to shelter with her puppies Trevor, Tia, Tonya and Thor, she had a 4-1/2-inch long mammary growth that interfered with her everyday functions. Without surgery, Little Bit would not be adoptable. All four of her puppies were adopted last week; Little Bit had surgery; and Monday, the Humane Society of North Texas picked Little Bit up to post her for adoption.

Scraps, a red Tabby cat, was brought in last week with big sores on his head that came from a fight with another unneutered male cat. The sores were infected. A veterinarian looked at Scraps, then started him on antibiotics. If the infection had gone untreated, it could have killed Scraps.

So what are you waiting for? Go to <http://www.wooftrax.com/> for more information, download the Walk for a Dog app on your smartphone, and start walking for the Burlson Animal Shelter! January is National Walk Your Pet Month, so let's end this month on a high note by getting more people and pets walking, more often.