

Get Your Bird To Exercise

Try these tips to get your bird moving.

Click Image to Play Video (WMV 9.9Mb) Watch our webisode of How To with BIRD TALK magazine on how to get your bird to exercise.

By not getting enough exercise birds can develop weight problems, just like humans can. Because of this, obesity and fatty liver disease have become big health problems for pet birds. Crystal Apilado, an editor for BirdChannel.com and BIRD TALK magazine, gives you some exercise tips for your bird. And Ollie, BIRD TALK Editor Laura Doering's nanday conure, is going to show you how to get your bird moving off of his perch.

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