Exercise your Jack Russell for 30 to 45 minutes each day. All dogs need exercise, but it's particularly important for a high energy breed like the Jack Russell. Make sure the exercise is vigorous. Brisk walks and intense play sessions are important for your dog's health. [2] Jack Russell terriers benefit from swift walks. Play with your dog indoors if you don't have time to walk it every day. Allow the dog to run around inside for at least 30 to 45 minutes each day. If possible, allow your Jack Russell terrier to run around outside off the leash. Consider fencing in your own yard. If your Jack Russell is calm with other dogs, take it to a dog park to play.