

Obesity and healthy weight loss

Pets that are seriously overweight (over their ideal body weight) are considered obese.

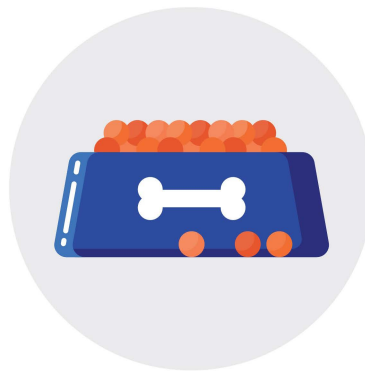
Obesity and weight gain result from overfeeding your pet and not providing enough exercise. Overweight pets generally don't live as long, have more health problems, and are at increased risk during surgery or anesthesia. Even walking and breathing can be difficult for obese pets.

How to help your pet

Watch their diet

Stick to the number of calories your veterinarian recommends. It's fine to split this amount into multiple meals per day, so long as you keep to a calorie count.

- Don't "free feed" or leave out an unlimited food supply
- Avoid high-fat or high-calorie treats, and always include them in your pet's daily calorie count
- Remember that pets are smaller, and don't need the same serving sizes that people do
- Don't feed your pet table scraps, which can be very calorie dense
- Ask your veterinary team about prescription weight-loss diets, which are lower calorie and can help your pet feel full



- ▶ Obesity strains the vital organs and can lead to problems like joint pain, arthritis, and diabetes.

Exercise together

Increasing your pet's activity helps them burn calories and lose weight. (If your pet is seriously overweight, consult with your veterinarian and determine a safe exercise plan.)

- Take your dog on a daily walk or jog
- Play fetch—in the backyard, at the dog park, even in open areas inside
- Include your dog in family walks, hikes, and camping trips
- For cats, toys and food puzzles can encourage them to be active



Top weight loss tips

- Talk to your veterinary team about individualized weight-loss plan
- Follow feeding instructions and avoid other food or treats, or table scraps
- Do regular weight checks (feel free to stop in and use our scale)
- Consult with your vet about how to gradually increase your pet's activity
- Contact your veterinary team with any questions
- Request a one-on-one pet nutrition advice session at your next appointment

