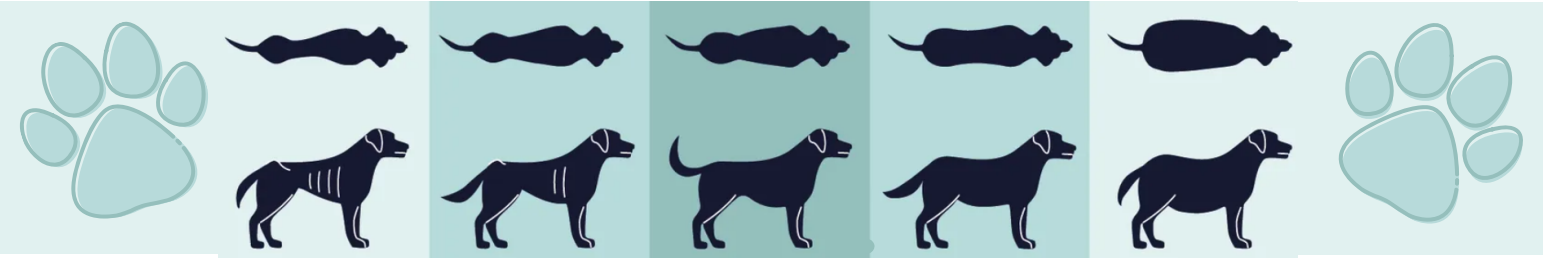


# Excess Weight in Dogs



Although nobody ever wants to hear that our dog is overweight, it is a very important aspect to helping our canine companions live a happy, comfortable life.

So what does an overweight dog look like? Below you can see a few simple images with descriptions of what your vet looks for when they are examining your pet.



## Underweight

Ribs and hip bones are highly visible and appear to jut out when viewed from above

## IDEAL

Belly tucks up when viewed from the side. There is a visible waist when viewed from above

## Overweight

Dog has no waist when viewed from above. Stomach appears rounded and the belly tuck is no longer visible

## The Consequences of Obesity in Dogs

- Reduced Lifespan
- Arthritis
- Back Problems
- Incontinence
- Breathing Problems
- Tracheal Collapse
- Heatstroke
- Chronic Inflammation
- Diabetes
- High blood Pressure
- Pancreatitis

## Don't Kill Them with Kindness



There are so many ways to show your dog you love them other than giving them food

- Go for a walk
- Play hide & seek
- Play a game of Tug
- Try dog sports
- Go somewhere new
- Give your dog a massage
- Learn some new tricks

## What Can you do to Help Your Dog Lose Weight?

### Switch your dog to a weight loss or senior dog food

These types of food have less calories which will help. Make sure you are feeding your dog according to the amounts on the bag & use actual measuring instruments to assure correct amounts. Senior dog food also helps hips & joints.

### Don't leave food out all day long

When we leave our dog's food out all day & night, we never know exactly how much they are eating, or how often it is being refilled. Switch your dog to 2 meals a day. Give them 20 minutes to eat before you pick up their bowl.

### Use some of their meal kibble as treats

Instead of adding extra calories to your dog's daily allowance by using extra treats, take some of the kibble from their meals and use them as treats. That way your dog still feels like they are getting extra without adding excess.

### Commit to helping your dog be more active

Although exercise isn't the only answer to weight loss, it is still important



# Absolutely NO people food or table scraps!!