

# Pawsitive Press

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**Related Webpages:**

[Ideal Pet Weight Ranges](#)

[Pet Caloric Needs](#)

[Obesity Facts and Risks](#)

[Pet Weight Check](#)



association for  
**PET OBESITY PREVENTION**

## Chunky Monkey

Christen Woodley, DVM

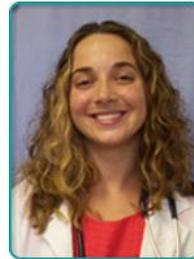
Pet obesity is increasing in prominence and though many people think that their pet may look cute with a little extra “fluff,” there are real health concerns that overweight pets are at a higher risk of. Overweight pets are more prone to ailments such as diabetes, hypertension, joint pain, labored breathing, more stress on their heart, more anesthetic risk, etc.

### How Much Should My Pet Weigh?

After examining and weighing your pet, we can better advise you on what their ideal weight is and the proper feeding guidelines to achieve it. I prefer to monitor body condition score (BCS) and weight together. With an ideal BCS you are able to palpate the ribs, but not visibly see them outlined nor have to dig through an overlying fat layer to feel them. In addition, we aim to keep a peanut or hourglass shaped waist when you are standing over your pet and looking from the ribs to the hips.

### How much should I feed my pet?

Measuring out your pet’s portions in an actual

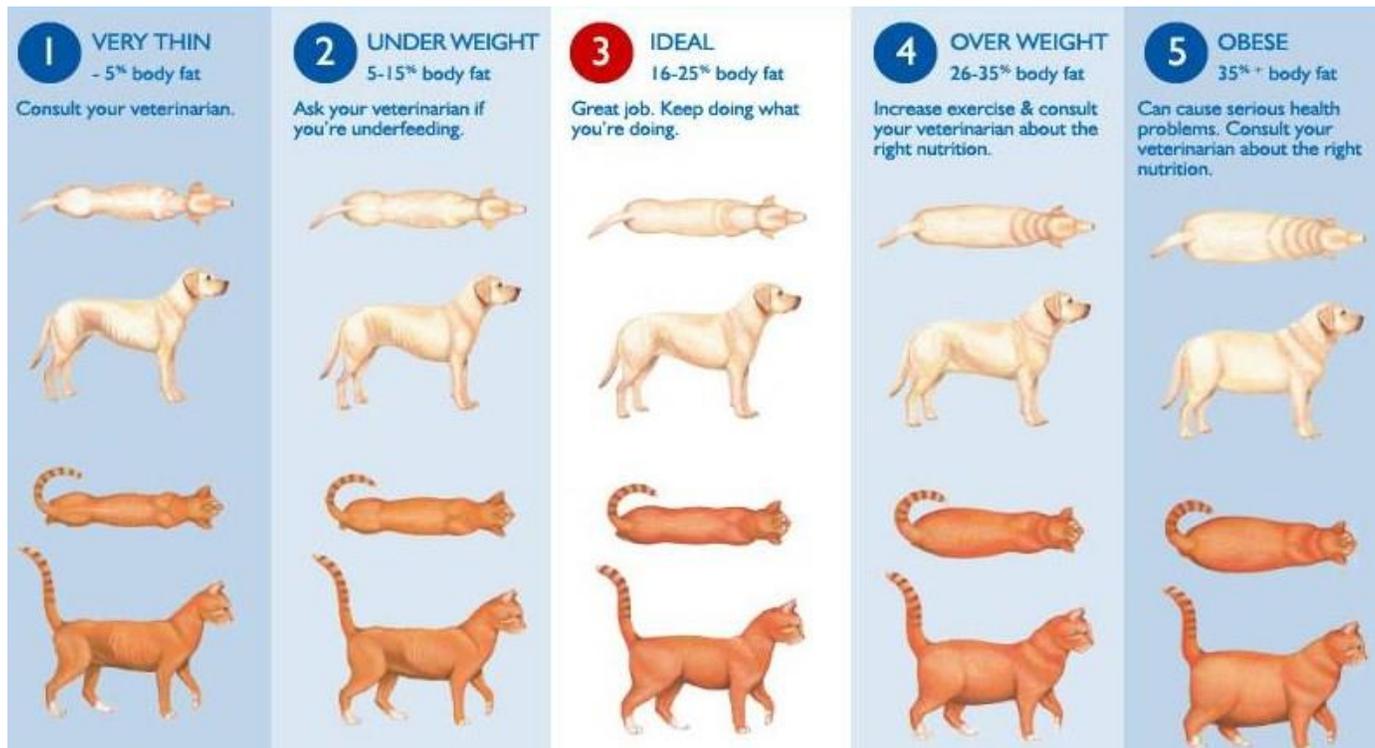


measuring cup is always advised. Many of our pets do not have a routine exercise regimen, so our tightest regulation on their weight comes in with diet and portion control. I also recommend splitting feeding into at least two meals per day. This helps to avoid increasing glucose levels all at once, helps avoid bloat that can occur by eating too much too fast, and is helpful if they are ever on twice-daily medication that needs to be given with a meal, such as antibiotics and insulin. Many pet foods will have a feeding guideline on the back of the bag. In my professional experience, the food companies tend to be over generous with portion advises and many pets only need about 75% of the broad recommendations. This is a starting point, but all pets are individuals and may need progressing adjustments based on their age, health requirements, activity level, metabolism level, etc. Also, the goal is to feed the portion advised for your pet’s ideal weight and NOT their actual weight if they are overweight. You do not want to feed the amount

listed for the weight they are now if your goal is weight loss! If you pet is overweight now and you are not measuring out how much you feed, the first step is to accurately measure what you are offering. From there, try to cut back the overall portion offered daily by 25%. If, after a couple weeks more weight loss is desired, decrease another 25% and so on. In addition, monitor the treats offered. Often weight gain comes from being overzealous with the treats! Often times avoiding obesity is as simple as decreasing amount fed and increasing exercise. Haven’t I heard that before ☺. However, if that alone does not work, there are prescription diet foods we may utilize. This is necessary for some pets. Contact us to discuss if a prescription diet is advised for your pet.

I would be lying if I told you weight loss was easy. We battle with that ourselves and know that it takes time and commitment. Nevertheless, the benefit here is that pets cannot eat whenever and whatever they want if we take responsibility and control it. For us to best advise you; bring your pet in, we can weigh them, and tailor what diet and body condition score are ideal.

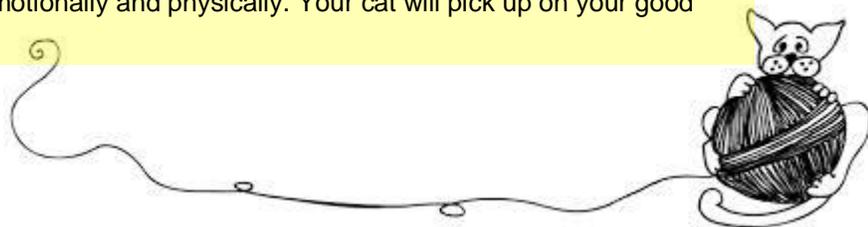
# Pet Weight Chart



## Get Your Tubby Tabby Moving!

Assuming your cat has a clean bill of health from the veterinarian, a feline exercise program can benefit any cat, regardless of weight condition. Try these cat exercises:

1. Use an interactive toy with feathers on the end. Move it like a bird to encourage your cat to leap and stretch.
2. Slither snakelike toys up and down stairs. These toys are also great for going up and over the tops of sofas.
3. Set up boxes, bags and soft-sided tunnels to create an obstacle course for your interactive exercise session. If you can't find the soft-sided tunnels, make tunnels of your own by turning boxes upside down and cutting entrance and exit holes.
4. A small ball in a box works as a mini racquetball court.
5. Use your interactive toy around a tall, sturdy scratching post to encourage your cat to scratch. This causes a full stretch, which helps tone the muscles in the shoulders and back.
6. Invest in a multi-tiered cat tree so your cat can jump from one perch to the other during play. This exercise improves balance and coordination.
7. Plastic caps from milk jugs make great hockey pucks. Drop one on the kitchen floor to work on your cat's speed and coordination.
8. Don't forget to laugh. It will do wonders for you emotionally and physically. Your cat will pick up on your good mood, and everyone will have a good time.



## Right in time for New Year's Resolutions, January is National Walk Your Dog Month!

Here are ten reasons why walking your dog is beneficial:

1. Provides an outlet for their energy. Dogs build up a certain amount of energy every day that needs to be expended. If it doesn't happen through walking, it will often result in bad, destructive behavior or separation anxiety. You may have heard that a tired dog is a well-behaved dog, and also, a bored dog can become a bad dog. A good walk can also significantly calm a hyper or energetic dog.
2. Walking aids greatly in training your dog. Draining energy results in a calmer, satisfied and more submissive dog who is much more likely to focus on you and your training. The walk itself should be a time of training. Done correctly, it can reinforce the bond between you and your dog and will help to establish you as the pack leader. Remember that you should be in control and walking your dog, not him in control and walking you. See future articles for tips on training your dog to walk properly on a loose leash.
3. Fulfills his natural roaming and exploring instincts. In nature dogs walk as a pack and roam for miles every day searching for food and water. Even though your dog is not a wild dog, walking is still in their natural instinct. Dogs are working, thinking animals that need a purpose beyond just sitting or sleeping all day long. Walking provides a sense of direction and accomplishment. Regular walks can help prevent her desire to run away or bolt out the door in an attempt to fulfill that roaming instinct.
4. Provides both physical and mental stimulation. Exploring their surroundings with their senses is also an instinctual activity for dogs. During the course of a walk your dog will be exposed to all sorts of smells, sights and sounds. This also acts as a mental workout for the brain.
5. Provides much needed social interaction. Socialization is an important part of any dog's life, especially in their early years. When walking you will most likely encounter other people, children and other dogs. This will help to build her confidence and social skills. Dogs who are not walked can become more fearful and shy, or might lack the necessary social skills to interact with people and other dogs.
6. Provides exposure to a wide variety of "worldly" things, creating a more confident and stable dog. A dog who is walked often will become more comfortable around all sorts of things such as bicycles, skateboards, traffic noises, loud trucks, mailmen, etc. Dogs without this exposure can become fearful, skittish and territorial, seeing every strange sound, vehicle or person as a threat. Many dogs who bark constantly are barking out of fear of everything they hear or see that is strange to them. If you walk the same route regularly, it can also possibly assist your dog in finding his way home if he gets out of your yard and lost.
7. If you own other dogs, walking them together will help them to bond with each other as a pack and prevent behavior problems between them.
8. Dogs are social beings that crave our attention - walking with them provides your attention and interaction with them.
9. Regular walking can lengthen and improve the quality of life for your dog.
10. And best of all... you will have a walking buddy and a reason yourself to get out, get moving, enjoy the fresh air and get yourself healthy and fit.



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## Bathing Services

All Baths Include a Complimentary Pedicure.

Pet must be current on Rabies vaccine. Patient should be admitted between 7:30am -10am and ready for discharge after 3:00pm. Service includes shampoo, pedicure, ear cleaning, brushing, warm air drying and cologne. Expires: 01/31/14

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## \$200 Retail Mix and Match

- \*Shampoo
- \*Heartworm Prevention
- \*Flea and Tick Control
- \*Food
- \*Prescription Medication
- \*Dietary Supplements Expires 1/31/14

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**\$25**

## Home Again Microchip

(\$30.40 Savings)

Present this coupon to receive a Home Again microchip implantation, lifetime registration and one year of advanced benefits from Home Again. Call the office today to schedule your cat or dog. 727-733-9351 May not be combined with any other special offers or coupons. Expires 1/31/14

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