



Weight Loss

Pets Name: _____
Today's Date: _____
Current Weight: _____
Goal Weight: _____

Obesity is becoming a rising health concern in our family pets. It is estimated that 54% of dogs and cats in the U.S. are considered overweight or obese! Although there are medical conditions that can cause weight gain, in most cases obesity could have been prevented with proper diet and regular exercise.

Excess weight can cause serious medical conditions such as:

- ~ Diabetes
- ~ Arthritis
- ~ Decreased Life span
- ~ Respiratory Problems
- ~ Increased risk with anesthetic

Weight loss Guidelines

- ~ No "free choice" feeding
- ~ No table scraps
- ~ 2-3 scheduled meals per day with a measured amount of food
- ~ Amount given on the bag of food is a DAILY amount and a guideline
- ~ Measure food with a measuring cup; NOT the "Big Gulp" cup from Speedway!
- ~ All food should be eaten within a 5-10 minute period
 - *If not eaten within this time frame, food should be picked up until next scheduled meal*
- ~ Pet should be hungry (almost begging) at next meal time
- ~ Limit the number of treats per day
 - *Hint – Break treats into multiple pieces if possible and give ONLY 1 piece
 - *Cheerios make GREAT treats – again only give 1-2, Not a handful
 - *Just 4-5 treats can convert into 1 extra meal's worth of added calories/fat
- ~ "Free Treats" include baby carrots, green beans, etc.
- ~ Some pets may require a Prescription Diet food such as Hill's Metabolic, Hill's R/D, or Iams

Restricted Calorie

- ~ Exercise, Exercise, Exercise!!
 - *Dogs: daily walks, play time in yard or park, swimming, etc.
 - *Cats: move litterbox so that cat has to go up/down stairs to get to it, interactive toys like lasers

Weight loss takes time!!

- ~ It is much harder for the pet to lose weight than it was to gain
- ~ Commit to regular weight checks
 - *Once every 4-6 weeks is a good starting point
- ~ Be Strong!!
 - *Although sometimes difficult...ignore the "sad, puppy eyes" begging for treats!!

Remember that we are not being cruel! We are looking out for your pets' health and well being. Excess weight is a major health concern. We are here to help you and your pet through this difficult lifestyle change in hopes of creating a better quality of life for your beloved family pet. Please do not hesitate to call with any questions or concerns.