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## The Whys and Hows of Weight Loss for our Pets & the “Slim-possible” Weight Loss Program

We all know that being overweight is not a healthy choice for us. We have heard, over and over again, that being over weight will lead to other health issues, many of them serious like heart disease and diabetes. What does being over weight mean to our pets? Well, virtually the same thing. Pets who are overweight will also end up with these debilitating conditions, not to mention painful joint diseases, arthritis, skin conditions, lethargy and breathing difficulties. We know that, in addition to not wanting your pet to ever have to experience the symptoms of these conditions, you also want your pet to live longer. Studies repeatedly show that dogs and cats who live most of their lives overweight or obese, live TWO YEARS LESS than pets of a healthy weight. Two whole years! That’s so many memories, and so many snuggles and kisses you will miss out on. When they have such short lives to begin with, every year counts.

Stop feeding pet store treats like Milkbones, Pupperonies or T-bones and start using fresh veggies.



### So what can you do? How can you make sure your pet lives a healthy and full life with you?

At the Glendale Veterinary Hospital we have the staff and tools needed to get your pet on the right track to a healthy weight. We will start your pet on the Slim-possible Weight Loss Program. This includes one-on-one consultations with our trained technicians. They will guide you to the right diet choice, the right amount of calories and grams of food, right treat choices, right amount of daily activity, and everything in between. If increasing your pets’ daily activity is not possible, then they can compensate for that and will be able to help your pet return to a healthy weight regardless.

Please call to book an appointment. With the purchase of a diet food (not mandatory), you will receive a FREE food scale. There are other rewards along the way once your pet reaches specific weight loss targets.

### Tips and Tricks to get your pets’ weight loss started

✓ Stop feeding pet store treats like Milkbones, Pupperonies or T-bones and start using fresh veggies. They contain fewer calories and are a great source of nutrition. For example, dogs and even many cats love raw or steamed zucchini. An entire zucchini only contains ~20kcal. So the small little cubes you would want to feed your pets are nearly insignificant to their caloric intake. When feeding “human food”, always be sure to AVOID grapes, raisins, onions, garlic, pits and cores. Also of note, not all veggies are created equal. Carrots for example are actually quite a bit higher in calories and in the form of sugar to boot, so don’t give too many of these; one baby

carrot/day is often plenty.

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✓ Consider purchasing or making your own food puzzles, food balls and toys (kongs) so that your pets burn calories trying to get at their food. This works best for cats and small dogs.

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✓ Also make your pets work for their meal by having them follow you around the house (while you do chores for example) and feed them one kibble at a time from your pocket or a treat bag at your waist.

✓ Measure out the amount your pet should be fed per day and then feed it over many smaller meals (at least 3 meals per day is advised). Getting the gastrointestinal tract moving more frequently will burn more calories to digest the



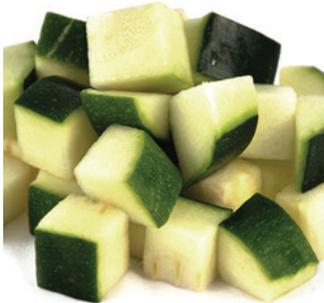
same amount of food. This also increases your pet’s metabolism, as the body no longer feels that it has to wait an entire day for another meal. It won’t conserve every last calorie in the form of a fat deposit, which is the body’s way of saving energy for later.

✓ If your pet is constantly begging you for food, feed only 1/4 - 1/3 of their diet in the morning for breakfast and the rest over the course of the evening and night when you are home to interact with them. They don’t beg when you are not home. Pets that beg and are overweight are not in need of more food; they would just prefer to keep a full tummy. So ensure you aren’t mistaking food for love! We can also recommend certain diets that make your pet’s tummy feel fuller, while consuming fewer calories for weight loss.



✓ Measure food in grams, not in cups. Using a food scale is a much more accurate way to measure out food. You will be surprised to know you were feeding more than you thought. It’s also ideal to feed this way to ensure that everyone in the household is feeding the same amount. Many people have the tendency to feed heaping cups.

✓ For multi-pet households or for pets on different diets/amounts of food, you can feed meals in different rooms or pick up their dishes as soon as the pet finishes their meal. This is to prevent overweight pets from taking in more calories from their friends dish. Also, consider Sure Flap pet doors or feeders (<http://www.surepetcare.com>); they only allow one specific pet access. You can also feed cats on high surfaces so that dogs cannot reach their dishes, or build your own cat box feeders, that only allow the cat to fit in.



We hope these suggestions help get your pet(s) started on their weight loss journey. We look forward to seeing them “slimmer” soon! Please call us with any questions about our Slim-possibles weight loss program!