



WEIGHTWATCHERS FOR PETS

Watching your pet's weight with House and Jackson

Refusing a much loved pet tit-bits or restricting its food allowance may appear hard but it is a fact that being overweight will shorten your pet's life. It also makes them more likely to suffer from joint disease, heart problems and diabetes and they become less resistant to certain infectious diseases .

Look at these two pets, they look very happy, but the excess weight they are carrying puts their long term health at risk.



Why do some pets become overweight?

There are a number of medical conditions which cause weight gain but, more commonly, it's simply a question of TOO MANY CALORIES being taken on board. There are often a number of reasons for this:-

- Too much food being given
- Giving inappropriate food
- Not enough exercise
- A breed disposed to weight gain
- Neutering slows down the pet's metabolism

So what is your pet's ideal weight?

This is individual to your pet. It is based on the relationship between weight and an ideal body shape and condition. Our Weight Watchers Clinic Nurse will weigh your pet and make an assessment called a body condition score. She will then suggest the ideal weight

for your pet. It is very important to note that this ideal weight will be *INDIVIDUAL* to your pet and may well be different from the "normal;" weight that you may see in charts and books.

How can we achieve that ideal weight?

As with humans, correct advice and continuing support are vital! Our Weight Watcher Nurses will ensure that you receive quality guidance and support throughout your pet's dieting program.

Simply cutting down on food is not always the answer since we want to provide a balanced diet with reduced calories but keep essential nutrients. A hungry animal is not fun to be with!

After assessment your pet will, therefore, be given a personal *diet plan* aimed to help it to attain its target weight in a planned and achievable way.

FIVE TOP TIPS TO SUCCESS

1. Always split your pet's daily food allowance into at least two or more meals a day.
2. Measure food! Use kitchen scales to be accurate.
3. Replace treats with extra attention and play.
4. Gradually increase activity and exercise.
5. Get the whole family, and any visitors, to understand the diet and why it is important.

Above all *STICK WITH THE PLAN* it will be worthwhile when you see your slimline pet get so much more out of life!

This is Poppy, a 4 year old Black Labrador. With the help of one of our Weightwatcher Nurses Poppy has slimmed down from a plump 37kg to a fit and healthy 29kg!

