

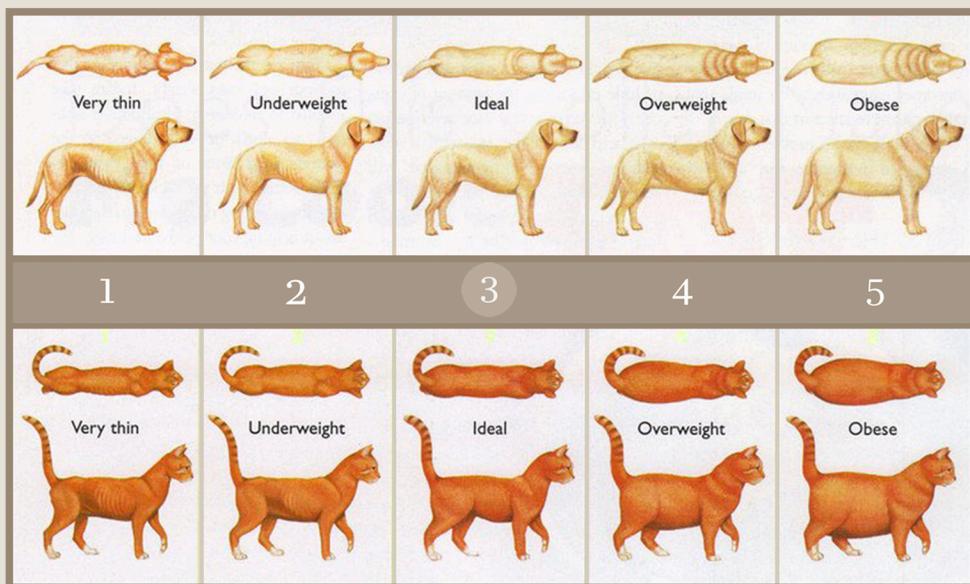


Body Condition Score & Exercise

A Healthy Guide
For Pet Owners



The Association for Pet Obesity Prevention estimates that 54 percent of pets in the United States are overweight or obese. Overweight pets are at risk for a variety of health problems, including skin infections, high blood pressure, heart disease, immune suppression, diabetes, orthopedic and arthritic disorders, specific forms of cancer, and increased surgical and anesthetic risk.



Veterinarians visually grade your pet using a Body Condition Score that helps formulate a diet and exercise plan that best suits your pet's body, activity level, and lifestyle. At a healthy weight, you should be able to see your pet's waistline from above. From the side, your pet's abdomen should appear tucked up behind the rib cage.

- 🐾 Take your pet on two or three (5-25 minute) exploration walks per day.
- 🐾 Use engaging games that get your pet moving! Play fetch with an irregularly shaped ball. The bounce direction will keep your pet guessing. Consider a puzzle feeder for your dog or cat that encourages mind stimulation and natural foraging instincts.
- 🐾 Satisfy your dog's social needs by setting up a playdate with equally sociable canine friends. Set up a carefully supervised doggy daycare or local dog park visit once a week.