

Your pet *needs your help*

Show your favorite pet how much you love her by teaming up with your veterinarian to get her to a healthier weight.

How do I know Fluffy's a little too, er, "fluffy?"

- You have difficulty feeling your cat or dog's ribs
- Your pet has a sagging stomach, and you can grab a handful of fat

- Your pet has a broad, flat back and no visible waist

Confirm your suspicions with your veterinarian. You might feel guilty—even defensive—but the bottom line is that you're a great pet parent for asking the question.

What if the fat looks fine to me?

The problem is, a couple pounds to a dog or cat is a lot. For example, the ideal body weight for most cats is 8 to 10 pounds. If that cat was a 5'4" adult female, she'd weigh a healthy 108 to 145 pounds. However, if a cat weighs 14 pounds, its 5'4" human equivalent would now be more than 200 pounds. And just like with humans, extra weight causes disease like arthritis, diabetes, pancreatitis and high blood pressure.

How do I help my pet get healthier?

What can you do to help your pet shed the extra weight and decrease its risk for serious conditions? Your veterinary team can help—ask them!

Don't worry. A weight management plan doesn't have to be complicated—or costly—and there are ways to make slimming down seem like the best thing ever to your pet. Here are four ways to keep your pet happy with healthier eats and play:

Don't cut out treats. Ask your veterinarian to recommend a healthy way to treat your pet like with

extra attention (that's what they really want, right?) or a veterinarian-approved single-ingredient snack. Believe it or not, most dogs love baby carrots, broccoli, celery, and cucumbers—even asparagus.

Make eating fun—and burn calories. Use food puzzles and other toys, or hide small bowls of food around the house.

Go play. Take walks and play fetch with your pet—get out there and get moving!

