

THE DOG OWNER'S GUIDE TO  
**HEALTHY WEIGHT  
MANAGEMENT**



Because a little weight is a big problem.



ALLIANCE FOR HEALTHIER PETS

Obesity Awareness and Prevention Program

# NEARLY 35% OF DOGS ARE OVERWEIGHT

According to recent studies, nearly 35% of dogs are overweight or obese\*. If left untreated, these dogs may experience serious health issues. That's why the American Veterinary Medical Association and Hill's Pet Nutrition are working together to provide the information you need to help your dog maintain a healthy weight.

After all, obesity isn't just something that affects how your dog looks—it affects how your dog lives.

Overweight and obese dogs are more susceptible to a wide range of health problems, like:

- DIABETES
- ARTHRITIS AND OTHER JOINT DISORDERS
- HEART DISEASE
- HIGH BLOOD PRESSURE
- SKIN PROBLEMS

These health problems may not have any warning signs, so regular veterinary checkups are essential. Only your veterinarian can properly diagnose your pet's health issues and recommend a course of action.



## 5 STEPS TO A HEALTHIER DOG

### WATCH WHAT HE EATS

Work with your veterinarian to determine the right type and amount of food for your dog's lifestage and health condition.

### TRACK YOUR DOG'S WEIGHT

To make sure your dog is losing weight at a healthy pace, weigh your dog regularly and use our weight tracking chart to track your dog's progress.

### MAINTAIN A HEALTHY ACTIVITY LEVEL

Whether it's a game of fetch or a walk in the park, make sure your dog is getting the physical activity needed to get healthy and stay healthy.

### VISIT YOUR VETERINARIAN OFTEN

Your veterinarian knows your dog's ideal weight, how fast he should be losing weight and which foods are best for each stage of the weight loss plan.

### MAINTAIN AN IDEAL WEIGHT FOR LIFE

Once your dog has attained an ideal weight, switch to a simple weight maintenance plan that consists of regular exercise and proper nutrition.

For proper feeding tips and information on how to healthfully transition your pet's food, visit [PetFit.com](http://PetFit.com)

\*Lund et al, International Journal of Applied Veterinary Medicine, Vol. 3, No. 2, 2005.

## PROVEN WEIGHT MANAGEMENT NUTRITION

Veterinary exclusive  
**Hill's® Prescription Diet®**  
pet foods for weight control  
are clinically tested to help  
pets reach and maintain  
a healthy weight.



### Hill's® Prescription Diet® r/d®

- ✓ Clinically proven nutrition to promote weight loss.
- ✓ High natural fiber levels satisfy your pet during weight loss.

### Hill's® Prescription Diet® w/d®

- ✓ Moderately low in calories and fat to maintain weight once pets have achieved their ideal weight.
- ✓ Moderately high fiber levels provide a feeling of fullness and help reduce begging.












Clinical Nutrition to Improve Quality of Life™

# GET YOUR DOG ON THE RIGHT TRACK

## ➔ SAY NO TO UNHEALTHY SNACKS

Too many snacks add up fast. A cookie or a piece of cheese may seem like a little treat to you, but it's like a whole meal for your dog.

SNACKS Fed to a 20-lb dog	Human Caloric Equivalent*	
	Number of Hamburgers	OR Number of Chocolate Bars (2oz.)
 1 small cookie =		
 1 oz cheddar cheese =		
 1 hot dog =		

\*An average woman

## ➔ REWARD YOUR DOG THE HEALTHY WAY

Dogs enjoy activities and healthy rewards. After all, the way to your dog's heart doesn't have to be through his stomach. Here are a few ways to give your dog healthy rewards:

Low-Calorie Dog Snacks	Calories
¼ cup of carrots	17
1 Hill's® Prescription Diet® Treat	13
¼ of an apple	12
¼ cup of green beans	9
Hill's® Prescription Diet® r/d® Canine Dry (10 kibbles)	4

- PRAISE AND ATTENTION
- EXERCISE
- TOYS
- FUN AND GAMES
- MASSAGE

## ➔ EXERCISE YOUR DOG'S PLAYFULNESS

- Create an obstacle course with benches, trees, ditches, etc., that your dog can jump over, crawl under or balance on.
- Take a 30-minute walk around your neighborhood.
- Play fetch with a ball or toy.
- Hide a toy or some kibble and let your dog find it.



# 12-WEEK WEIGHT TRACKING CHART

Dog's Name: \_\_\_\_\_

Target Weight: \_\_\_\_\_

Enter dog's weight here ▼

- \_\_\_\_\_ lbs
- \_\_\_\_\_ lbs
- \_\_\_\_\_ lbs
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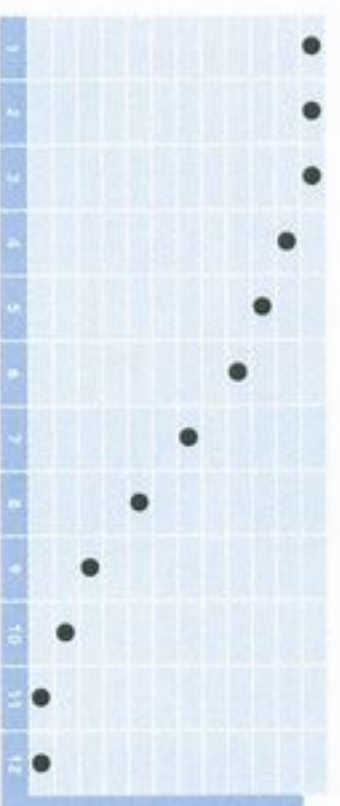
WEEKS

1	2	3	4	5	6	7	8	9	10	11	12

▼ Use graph to chart your dog's progress ▼

Healthy average weight loss is approximately 1-2% of body weight per week. Ask your veterinary Health Care Team to calculate a weekly weight loss target for your dog and help you continue to track the weight loss over a 12-week period.

- Start by weighing your dog and entering the weight on the top left line.
- Place a dot in the top left box indicating the weight on the graph.
- For the next 11 weeks enter each week's weight on the line and place a dot to complete your graph.



Always consult your veterinarian if you have concerns or questions regarding your dog.

## ONLINE

To track your dog's weight online, try the WeightTracker at [PetFit.com](http://PetFit.com). There you will find even more information about how you can help your dog succeed at every stage of the weight management process.



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