

SOCO – Obesity Prevention

Obesity is a growing public health problem in people and pets, leading to diabetes, arthritis and shortened life span.

- Practice portion control.
 - Feed set meals.
 - Use a measuring cup.
 - Ask your vet about the right portion for your pet.
- Exercise your pet for at least 30 minutes a day.
 - Exercise includes daily walks and play time.
 - Exercising with your pet can be good for your health too.
 - Fitness classes are available for you and your pet, such as dog yoga (dog yoga).
- Regularly assess your pet's weight and track their progress.
 - If you can't feel your pet's ribs, it may be overweight.
 - Talk to your vet about your pet's weight.
 - If your pet needs to lose weight, follow your vet's advice and monitor your pet's weight at least weekly until it reaches its goal weight.