

How FIT is your pet?



What Body Type is Your Dog?

1 VERY THIN < 5% Body Fat Consult your veterinarian.	2 UNDERWEIGHT 5-15% Body Fat Ask your veterinarian if you're underfeeding.	3 IDEAL 16-25% Body Fat Great job. Keep doing what you're doing.	4 OVERWEIGHT 26-35% Body Fat Increase exercise and consult your veterinarian about the right nutrition.	5 OBESE >35% Body Fat Can cause serious health problems. Consult your veterinarian about the right nutrition.
DOG'S IDEAL BODY SHAPE				
Go to PetFit.com today.				

There are several visible signs to look out for when determining whether or not your pet is overweight. Here are three major signs with quick and easy ways to tell if your pet is overweight. If you are concerned about your pets' weight and health, consult with your veterinarian to begin a nutritional program and to also have your pet weighed.

- **Obesity Risk: Difficulty feeling ribs or spine.**
How to identify on your pet: Standing behind your pet, run both hands down each side. The ribs should be visible and easily felt.

- **Obesity Risk: Difficulty seeing their waist.**
How to identify on your pet: While feeling for the ribs, continue running your hands down the length of the pet. Ideally, your hands should come together slightly for a visible, contoured waist line.
- **Obesity Risk: Noticeably sagging abdomen.**
How to identify on your pet: Looking at your pet from the side, slide one hand under your pets' abdomen. Your hand should easily glide straight across and feel firm.



ALLIANCE FOR HEALTHIER PETS
Obesity Awareness and Prevention Program

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