

How FIT is your pet?














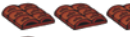


Did You Know?





















Treats Don't Equal Love

Did you know that rewarding your pet with some of your favorite everyday snacks can be harmful to their health? To truly reward your pet, take them out for a walk or engage in a physical activity. If you would still like to treat your pet, healthy snacks like carrots and apples are the best options.

Pudgy Pets Are A Problem

Did you know that nearly 54 million pets are considered either overweight or obese? Like humans, excessive treats and lack of exercise can take a toll on a pet's body and lead to weight gain. In addition to the stress of added weight, potential health risks include heart disease, diabetes, arthritis and shortened life expectancy. If you would still like to treat your pet, healthy snacks, including some vegetables and fruits like carrots and apples might be a good option. Consult your veterinarian for additional healthy treat ideas.

 Snack fed to a 20 lb. dog	Human Equivalent – a 5'4" woman	
	No. of Hamburgers	No. of Chocolate Bars (2 oz.)
1 small cookie		
1 oz cheddar cheese		
1 hot dog		
 Snack fed to a 10 lb. cat		
1 potato chip		
1 oz cheddar cheese		
1 cup of milk		

					
Breed	Great Dane	Golden Retriever	Beagle	Boston Terrier	Chihuahua
Average Weight	130 lbs	70 lbs	30 lbs	19 lbs	4 lbs
Weight increase	10 lbs	8 lbs	5 lbs	3 lbs	1 lb
Equivalent human weight <small>Based on a 125-lb woman</small>	 12 lbs	 17 lbs	 25 lbs	 24 lbs	 38 lbs
					
Breed	Maine Coon	American Shorthair	Persian	Siamese	Singapura
Average Weight	17 lbs	14 lbs	11 lbs	10 lbs	6 lbs
Weight increase	8 lbs	5 lbs	5 lbs	4 lbs	1 lb
Equivalent human weight <small>Based on a 125-lb woman</small>	 71 lbs	 68 lbs	 54 lbs	 45 lbs	 25 lbs



ALLIANCE FOR HEALTHIER PETS
Obesity Awareness and Prevention Program

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