



HOW TO GET YOUR HORSE TO LOSE WEIGHT

Horses only need to eat

2%

of their body-weight

In the UK an estimated

70%

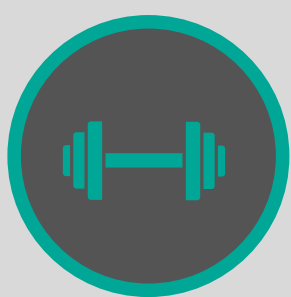
of horses are overweight

They are at least

2x

more likely to get laminitis

So its a no brainer that we need to help them shed the pounds! But how?



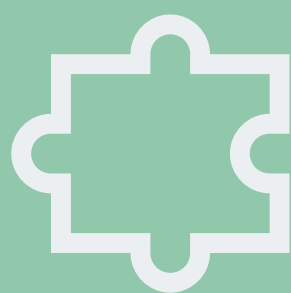
Increase their exercise

Work with your vet and physiotherapist to ensure your horse is getting the right amount of exercise per day

Reduce their hard feed



Work with your vet or nutritionist to choose the right feed and decide on the correct amounts which may be reduced to 1.5% or even 1% of their bodyweight.



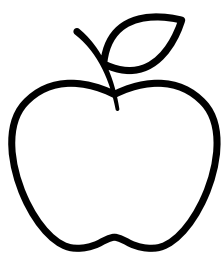
Use toys and scattering

Slow them down using a treat ball or by scattering their food around for them to find. They'll also find this mentally stimulating.



Give low calorie treats

Use specially formulated diet treats or give fruit and vegetables in moderation. Celery is a good one as it requires a lot of energy to chew!



Include all treats in daily ration

Unfortunately treat calories still count! So make sure you count them towards their daily allowance

Manage their forage intake



Control how much grass they have access to, especially during peak growing times such as spring and autumn. Feed high dry matter forage such as hay and soak it to remove sugars. Use grazing muzzles or strip grazing to reduce intake.

For more information, or if you think your horse could benefit from physiotherapy with us, get in touch:



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www.shorelinevetphysio.co.uk