



HOW TO GET YOUR DOG TO LOSE WEIGHT

In the UK roughly

40%

of dogs are overweight

They are

7x

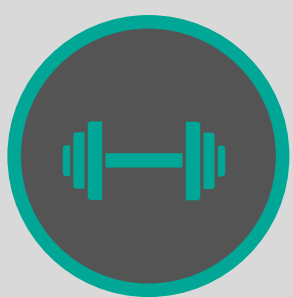
more likely to get arthritis

And lose up to

2 yrs

off their lifespan

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 dog is getting the right amount of exercise per day



Control their portions

Work with your vet or a nutritionist to choose the right food for your dog and decide on the correct portion sizes.



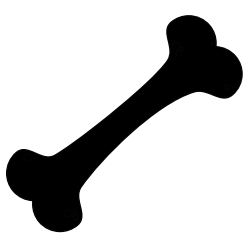
Use puzzles and scattering

Slow them down using a puzzle feeder 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 use raw veg such as carrots and brocolli for a healthy alternative!



Include all treats in daily ration

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



Try not to fall for those eyes!

Although its hard, our dogs are relying on us to make their decisions for them so stay determined, I promise it's worth it!

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



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www.shorelinevetphysio.co.uk