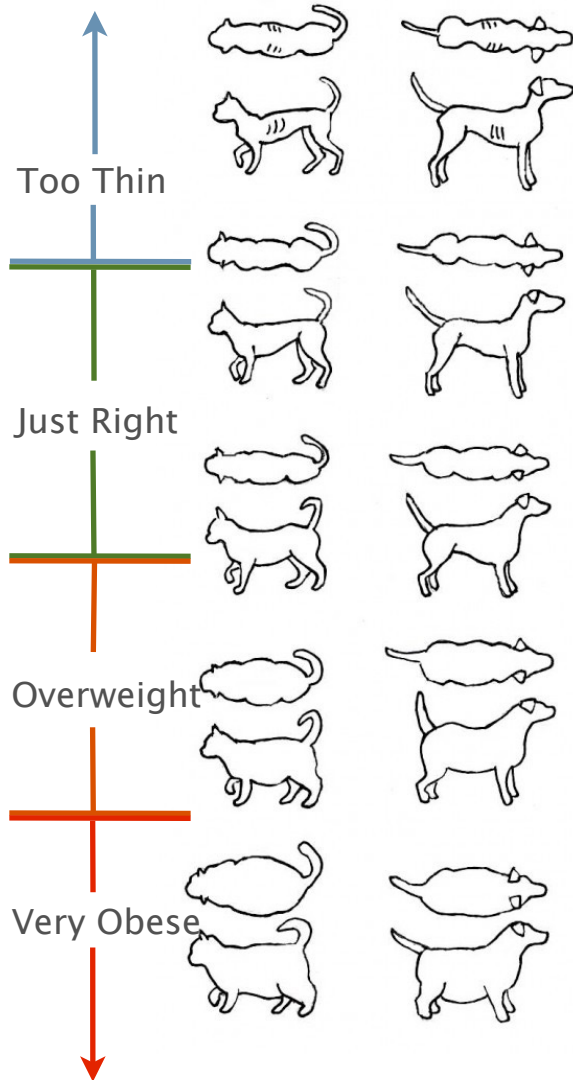


Check your pet's body condition

Almost 45% of dogs in the U.S. are
overweight or obese

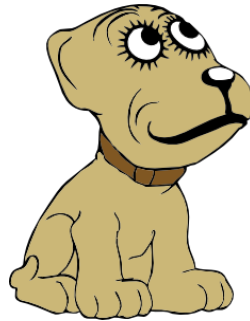


**On average, pets at a
healthy weight live 2.5 years
longer than their overweight
counterparts.**

Have questions?

The staff at Chester Valley
would be happy to talk with
you about your pet's health.

Including:



- Healthy food and treats
- Exercise ideas
- Determining your pet's ideal weight
- Weight-loss plans

And any other questions you
may have.



CHESTER VALLEY VETERINARY HOSPITAL
helping pets enjoy every adventure

1571 Muldoon Rd.
Anchorage, AK 99504

(907) 333-6591
healthypetalaska.com

**If you only do
one thing to
keep your pet
healthy...**



Keep them at a healthy weight!

A healthy pet should have:

- Ribs that are easy to feel, but not visible from across the room.
- A waist that is thinner than their chest when viewed from the side or above.

Being overweight is dangerous for your pet.

Obesity puts your pet at risk for:

- Diabetes
- Painful Arthritis
- Respiratory Problems
- Organ Damage
- Anesthesia complications
- And much more...



There are two ways to drop the weight

(for best results, do both)

Feed Less

Check the recommended feeding amount listed on your food bag.

Feed for the weight your pet **SHOULD** be.

Adjust as needed, depending on the changes you see (or don't see) in your pet's body condition.

Treats

For proper nutrition, treats should only make up 10% of what your dog eats.

MEASURE IT!! 10% is not very much, especially if you have a small dog.

Low-calorie treat ideas:

Broccoli, green beans, carrots...

(it's amazing how many pets LOVE veggies)

Exercise More

Find an activity that is fun for you and your pet.

- Walks/runs
- Biking/hiking
- Training Classes
- Dog Sports
- Swimming
- Fetch/Chase Games
- Dog Parks

