



Healthy weight - Happy life full of adventure

Shannon Kesting Yesterday,  
5:12 PM



## Obesity shortens life and causes suffering

*Obesity causes an average of 2 years less life expectancy for dogs and cats.*

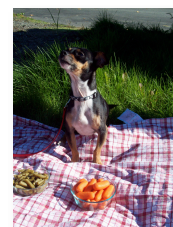
We all love our pets and love to see them happy. For many of us, we give this happiness by offering little treats throughout the day. We forget that these little treats are often very large for our pets. For a 20 pound dog, one square of cheese is equal to feeding 2 hamburgers and 2 chocolate bars eaten by an average size human. Many of us had no idea that such a huge caloric difference exists between us and our 4 legged friends.

Obesity can cause and worsen many diseases such as painful joints, diabetes, and feline urinary conditions. Loving your pet is not giving that extra handful of french fries. Loving your pet is taking him on a long walk and providing him with low calorie treats that he loves.

Our pets do not have to give up treats to stay thin. The type and size of treats should be changed and managed. If a large treat is given to a small dog, this treat may be a poor substitute for a good nutritional meal. Portion size is a very important part of a healthy lifestyle.

Many nutritional treats can be packed with calories. For example, Greenies are healthy treats but pack a huge caloric punch. These should be given only sparingly, size appropriately, and not during a weight loss program.

A good low calorie treat for dogs can be fresh carrots and canned green beans. Surprisingly, dogs often love these treats and they are very low in calories. In addition to treats, canned green beans can be added to meals to help your pet feel full, while taking in less calories.





[illegible]

Chester Valley's Weight Management Plan

Goal weight\_\_\_\_\_

Itemized foods per day	Weekly Weight	pounds lost	date

1571 Muldoon, Anchorage, Alaska 99504 Phone 907-333-6591 Fax 907-337-4311

www.healthypetalaska.com

# Chester Valley's Weight Management Plan

Goal weight\_\_\_\_\_

Itemized foods per day	Weekly Weight	pounds lost	date

1571 Muldoon, Anchorage, Alaska 99504 Phone 907-333-6591 Fax 907-337-4311 [www.healthypetalaska.com](http://www.healthypetalaska.com)