

Healthy Weight, Happier Life

Weight Loss & Obesity Management for Dogs & Cats

Helping your pet achieve and maintain a healthy weight improves their quality of life and can add years to their life.



What is obesity and why does it matter?

Being overweight or obese can seriously impact your pet's health and happiness. It increases the risk of:

- Arthritis and joint pain
- Diabetes mellitus
- Heart and respiratory disease
- Bladder & urinary problems
- Reduced mobility & energy
- Higher anaesthetic risk
- Shorter lifespan

Even 5-10% weight loss can significantly improve quality and length of life.

DID YOU KNOW?

Studies show that overweight pets can live up to 2 years less than pets at a healthy weight.

Weight loss improves mobility, energy, breathing, comfort and overall quality of life.

1 BODY CONDITION SCORE (BCS) – IS YOUR PET AT A HEALTHY WEIGHT?

Use this chart as a guide. Feel along your pet's ribs – you should be able to feel them easily with a light layer of fat covering.

DOGS

1	2	3	4	5
Underweight	Ideal	Overweight	Obese	Severely Obese

CATS

1	2	3	4	5
Underweight	Ideal	Overweight	Obese	Severely Obese

2 DIETARY MANAGEMENT – THE KEY TO WEIGHT LOSS

Diet makes the biggest difference! Consistent, measured feeding is key.



MEASURE EVERY MEAL

Use a measuring cup or scale. Eyeballing leads to overfeeding!



STOP FREE FEEDING

Remove food between meals. Grazing makes weight loss impossible.



REDUCE TREATS

Treats should be no more than 10% of daily calories. Every little bit adds up!



FEED THE RIGHT AMOUNT

Use the feeding guide on the diet and adjust based on progress. Recheck every 2-4 weeks.



CONSISTENCY IS KEY

Everyone in the household needs to follow the plan. Even a few extra treats can stall progress.



DIET > EXERCISE FOR WEIGHT LOSS

Exercise supports weight loss but cannot compensate for overfeeding.



3 SMART TREATS & ADD-INS

Choose lower calorie options and include them as part of your daily food allowance.

- ✓ Raw carrot sticks
- ✓ Green beans (steamed)
- ✓ Cucumber (sliced)
- ✓ Small pieces of apple (no seeds)
- ✓ Plain pumpkin (cooked)
- ✓ Low calorie commercial treats (e.g. Prime 100 SPD, Black Hawk Kangaroo Jerky, Hill's Healthy Mobility Treats)

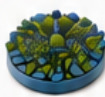


4 MANAGING FOOD-MOTIVATED PETS

If your pet gobbles food or begs for more, try these strategies:



SLOW FEEDER BOWLS
Help pets eat slower and feel fuller for longer.



SNUFFLE MATS & PUZZLE FEEDERS
Make mealtimes last longer and provide mental enrichment.



SCATTER FEEDING
Throw measured dry kibble out on the lawn dog to sniff and find.

5 EXERCISE – AN IMPORTANT PART OF THE PLAN

Exercise supports weight loss but cannot compensate for overfeeding.

For Dogs:

- ✓ Daily walks, sniffing, play, running games.



For Cats:

- ✓ Interactive play with toys, climbing, food puzzles.



Start slowly and build up. Keep it fun!

6 WEIGHT-SPECIFIC DIETS CAN HELP

Some pets benefit from prescription weight management diets designed to help pets feel fuller while reducing calorie intake.

Options include:

- Hill's Metabolic
- Hill's r/d
- Hill's w/d
- Royal Canin Satiety
- Royal Canin Weight Management

Ask our team which diet is most suitable for your pet.

7 MEDICAL CHECK – RULE OUT UNDERLYING CONDITIONS

Some medical conditions can make weight loss difficult. A veterinary check can help rule out:

- Hypothyroidism
- Cushing's disease

Your vet may recommend blood tests or further diagnostics if needed.



8 PROGRESS TAKES TIME & PATIENCE

- ✓ Aim for 1-2% of body weight loss per week
- ✓ Weigh your pet every 2-4 weeks
- ✓ Adjust food based on progress
- ✓ Celebrate small wins!

Losing weight too fast can be unsafe, especially for cats.



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