



ANIMAL ANTICS

A NEW YEAR'S RESOLUTION ... FIGHT THE FLAB!

Do you have a podgy dog? With around 25% of dogs classified as obese (that is more than 15% above their ideal weight) and more than one third being overweight, this is a common problem that needs addressing.

Unfortunately, weight gain is frequently overlooked, since it usually occurs gradually. An overweight dog is more at risk in surgery, susceptible to injury and will experience stress on the heart, lungs, liver, kidneys and joints. As the weight increases, so does the risk of developing cardiac, digestive and circulatory problems, diabetes, arthritis, fatigue, and exercise and heat intolerance.

How can I tell if my dog is overweight?

- Don't delay! if your dog is piling on the pounds, seek help. Check your dog's weight with your veterinary surgery. They will advise what your dog's weight is and what their ideal weight should be.
- If your dog is 15% heavier than it's ideal weight, action needs to be taken.
- Check for a sagging stomach and bulging sides.
- If you can't feel your dog's ribs, it may be a sign that they are overweight.
- Overweight dogs will become breathless quickly and be reluctant to exercise.

What can I do to prevent weight gain?

- Watch your dog for any changes in shape and perform weight checks regularly.
- Feed a nutritionally balanced diet.
- Feed minimum amounts of titbits and account for them at mealtimes.
- Ensure your dog is getting plenty of exercise.

**Have you ever wondered how far your dog actually walks each day
or how far they should be walking in order to maintain optimum health?**

10 FREE PETOMETERS TO GIVE AWAY!!!

A Petometer is a device which measures the number of steps taken each day by a dog. Even if your beloved four-legged friend is not overweight, you can make sure it is at its optimum fitness level by using the petometer to set daily activity goals. It's perfect for walks, garden antics or simple leisurely strolls. Attached unobtrusively to the dog's collar it uses an electronic sensor to record the movement of the front legs.

Giving paunchy pooches a helping hand in the battle of the bulge, and enabling owners to monitor their dogs' exercise routine **Pet Patrol 365**, in conjunction with Petplan, has **10 FREE Petometers to give away!!!**

For a chance to win, enter on-line at www.petpatrol365.co.uk and complete your details on the 'contact us' page or call 01892 771498 / 07974 728967. 10 lucky readers will be randomly selected to **win a FREE Petometer**. The closing date for all entries is Wednesday 31st January 2007.

Exercise plays a very important role in weight reduction, and also improves general health. Dogs and owners can form a fantastic partnership when it comes to keeping each other fit - a great way to stay in shape and live a happy and long life!

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