

# A Step-By-Step Guide to Prevent and Manage Pet Obesity

## Helping You Get Hands-on With Your Pet

If your pet is overweight, or you notice a weight gain or loss, talk to your vet. There may be a health issue which needs treatment or a special diet.\*

Weigh your pet regularly, and check their body condition using our fun Pet Size-O-Meters. Ideally, you should be able to feel their ribs with very light finger pressure.

**Keep them moving!**  
Ensure an active lifestyle with lots of walks and playtime. This has mutual health benefits for you and your pet.

\* Weight management and 'Light' products, designed to have a lower energy content compared to the normal range, are available to assist weight loss and/or maintenance.



Find the product that's suitable for your pet. Ask your veterinary professional for tips and read more on the label or online.

Follow the product's feeding guide, as a starting point. Adjustment may be needed depending on your pet's age, neuter status, breed and lifestyle.

Weigh food portions with an accurate kitchen scale. Estimating food amount by volume is subject to error.

If you choose to treat your pet, do it occasionally.  
Adjust meals accordingly to help control calorie intake.  
Avoid human food and table scraps.

