

# doggy daycare and spa

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## January 2011 Newsletter

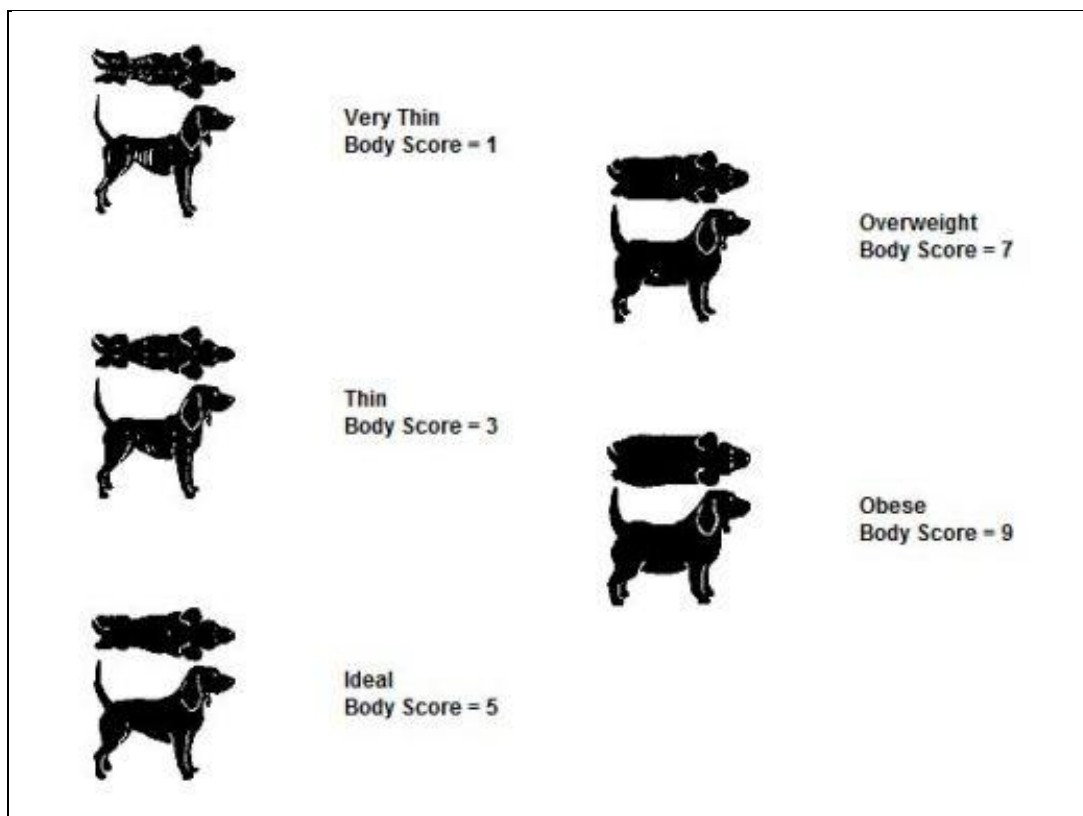
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### Does your dog need to make a New Year's Resolution?

Just like us, our dogs can pack on the pounds during the cold weather months. Here are some tips to keep the pounds off your dog this winter:

1. Make sure you are feeding an appropriate food for your dog. As dogs age, they need less fat and protein in their diets. At Doggy Daycare and Spa, we always advise reading the label of your dog's food. If you wouldn't eat it, why would you want to feed it to your dog? We also recommend talking to the teams at Soldan's and Joey's Pet Outfitters to determine which brand of food is most suitable for your dog's age and activity level.
2. Don't leave the food out so your dog can "graze" when he feels like it. Feed him measured out meals. And if he skips a meal, don't double up his next one. By not allowing your dog to free feed, you become the "master" of a dog's most valuable possession. Controlling meals can also help in controlling other unwanted behaviors.
3. Make sure you are feeding the appropriate quantity. The bag will always tell you to feed more than you need because they want you to go through their product. If you are unsure of how much you should be feeding your dog, talk to Janice, or ask your Veterinarian.
4. Resist giving your dog table scraps and human food.
5. Purchase low calorie treats. Or better yet, break the treats in half, thirds, or quarters! Your dog doesn't care how big or small his treat is. He's just happy he got one!
6. Dogs between the ages of 2 and 6 are more prone to weight gain. This decreases as a dog reaches his senior years. Young dogs also have less of a propensity towards weight gain as their energy level is much higher than that of a "middle age" dog.
7. Certain breeds are prone to weight gain and their "Parents" should be more diligent in monitoring their waistline. These breeds include (but are not limited to) Labrador Retrievers, Dachshunds, Beagles, Cairn Terriers, Cocker Spaniels, Corgies, Collies, Shelties, and Basset Hounds.
8. Regular exercise is essential for good health in all species. Buck up and pull on those boots and take your dog for a jaunt around the block. Adding another day of Daycare to your dog's schedule is another way to ensure that they are receiving exercise. Enrolling in a "Good Dog! Training Class" is can get you both out of the house and moving.
9. Some dogs experience weight gain due to other factors such as medications and health issues.

# Check out this chart to determine your dog's body type!



**Very Thin** (more than 20% below ideal body weight)  
Ribs, spine, and pelvis are easily visible  
Obvious loss of muscle mass  
No palpable fat on chest

**Thin**  
Ribs, spine, and pelvic bones are visible  
Obvious Waist  
Minimal abdominal fat

**Ideal**  
Ribs, spine, and pelvic bones are not visible but easily palpable  
Obvious Waist  
Little abdominal fat

**Overweight** (20% over ideal weight)  
Ribs, spine, and pelvic bones are hardly palpable  
No obvious waist  
Heavy abdominal fat deposits over the spine and base of tail

**Obese** (40% above ideal weight)  
Massive fat deposits on chest, spine, and the base of the tail  
Obviously distended abdomen

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Obesity can create a long list of health concerns for your pet including diabetes, damage to joints, bones, and ligaments, and heart disease and increased blood pressure.

If you are concerned about your dog's weight (whether he be under or over), feel free to talk to Janice directly about steps you can take to get your dog on track to living a healthier life. And of course, we always encourage you to talk to your Dog's personal Veterinarian.