

Weight Show with David PETterman

Top Ten Tips for a Healthier Lifestyle for your Cat

10. Keep your pet in another room while preparing his/her food
9. If you have several pets, try feeding them separately
8. Hide food in different places everyday (especially on top of furniture) for your pet and allow them to “hunt” for it
7. Allow your cat to play in paper bag or box
6. Shine a flashlight or a laser pointer on the floor or wall and watch your cat chase it
5. Switch to healthier treats or snacks such as baby carrots, canned green beans, and apple slices
4. Homemade or pet shop toys encourage your pet to play and become more active
3. Stick to the recommended feeding amount determined by your veterinarian; try to avoid providing your pet unlimited access to food
2. Divide the daily allowance of food into several meals to allow for the most efficient weight loss
1. Make a life-long commitment to your pet’s new, healthy lifestyle and extend his/her life.

