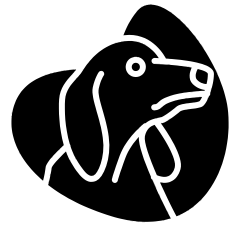


# Weight Show with David PETterman



## **Top Ten** Tips for a Healthier Lifestyle for your *Dog*

10. Keep your pet in another room while preparing his/her food
9. If you have several pets, try feeding them separately
8. Hide a toy or some kibbles of food and challenge your dog to find it
7. Try to walk your pet on different surfaces such as sand, dirt, snow, shallow water, or fallen leaves in order to increase resistance and make a walk more challenging
6. Take your dog swimming or have sessions of hydrotherapy-great for dogs with arthritis or back problems
5. Switch to healthier treats or snacks such as baby carrots, canned green beans, and apple slices
4. Take your pet on regular\* walks around the block or a nearby park
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 for an average of 2 years\*

\*Kealy, et al. , Effects of diet restriction on life span and age-related changes in dogs. J Am Vet Med Assoc. 2002 May 1;220(9):1315-20