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Trim Bodies & Tasty Treats

Let's face it, most of us struggle to peel ourselves off the warm, cosy couch to get out & about exercising in the chilly winter months. Many of our pets would also rather snuggle up in a warm blanket or in front of a blazing fire. However, now more than ever, it's important to remain active, or the Winter Bulge may creep on and put your pet at risk for some serious weight-related health conditions.



Here are some fun and easy to follow tips that will help you and your pet keep trim this winter:

- **Take a short walk.** A short jaunt around the block each day is more beneficial than a longer one, once a week. Choose a time in the day when it's slightly warmer and look forward to the warm welcome of home when you get back. Senior animals, especially, need to keep their joints moving, so don't be afraid to take them for a 10 minute, sedate walk each day. Have a little fun with some light play activities too, by

gently throwing their favourite toy a couple of meters for them to fetch.

- **Exercise indoors if the weather's really bad.** There are so many things you can do to encourage your pets to move around inside. Bounce a ball against a wall in an open area, put them on a lead and jog up and down stairs a few times, hide treats around the house for them to “forage” for (go easy on these though) ... you'll have your own ideas too. Just keep in mind that no pets should be exercised on slippery or wooden floors, as these can cause injuries and exacerbate joint conditions.
- **Playtime with your cat before dinner.** Cats follow a Hunt-Eat-Groom-Sleep routine throughout the day, so playtime before meals is ideal to fulfil the “Hunt” aspect. Find out what sort of toys your kitty enjoys (feathers, crumpled aluminium foil, laser lights...) and initiate a game of chase. Remember to incorporate surfaces of different heights like beds and furniture for them to jump onto and down from.
- **Watch portion sizes.** Don't be tempted to increase your pets' daily intake of food or offer extra treats to “compensate” for the cold weather. Your pet's winter coat provides all the warmth needed to keep comfortable throughout winter. If your pet is hairless or has a fine coat, jackets and a warm sleeping area will take care of this. Extra calories aren't needed to keep warm, they will only be stored as fat and you'll be faced with the challenge of getting those pounds off in summer. Treats are great and we all love to give them, just remember to limit the number and opt for a healthy treat choice.
- **Switch to Light.** If you can't resist filling your pets' bowls a little more in winter, rather switch to a lower calorie formula to prevent weight gain.

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WODAC 2015

The 20th annual World of Dogs And Cats exhibition is just around the corner and is set to be their biggest and best yet. We'd love it if you popped in at our stand to meet the ePet team.

17-19 July - loads of fun for the whole family and not to be missed by any pet-lover!



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