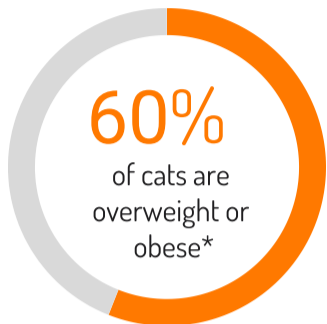




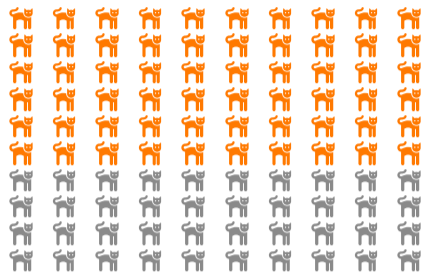
PREVENT FELINE OBESITY

Keep your cat healthy and happy

THE NUMBERS



That's 56 million cats!*



THE RISKS OF OBESITY

- Diabetes
- Bladder stones
- Shorter lifespan
- Heart disease
- Cancer
- Bone/joint issues

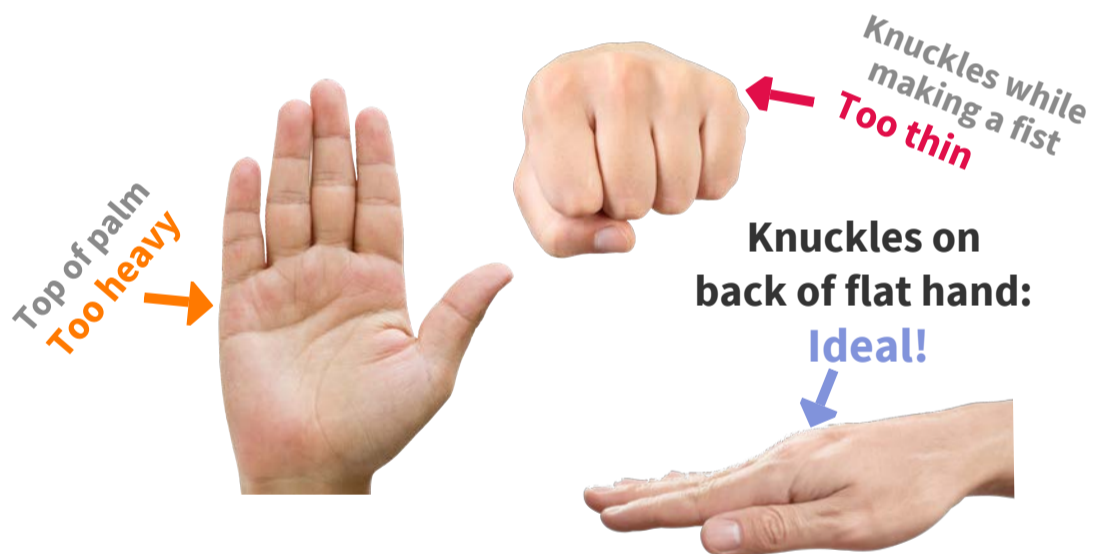
IDEAL WEIGHT RANGES*

Domestic	8-10 pounds
Persian	7-12 pounds
Siamese	5-10 pounds
Maine Coon	10-25 pounds

Along with weight, veterinarians use a body condition scoring system to help determine how much body fat a cat has. There are different systems, but all are based on the amount of fat over a cat's ribcage.

THE HAND TRICK

To get an idea of your cat's body condition, feel her ribcage and compare it to the amount of padding on different parts of your hand.



IT'S NOT EASY!

"She meows at 4am until I feed her!"

Don't feed extra food just because your cat asks you to—especially if she wakes you up in the wee hours asking for more. Divide the total volume of daily food into four to six servings and feed small meals throughout the day.

"I have two cats—one is at a normal weight and the other is overweight."

Feed your cats in separate rooms, if possible. After a period of time (generally 15 to 30 minutes), pick up any remaining food. Don't leave food out while you're away.



PLAYTIME AS EXERCISE

The best way to get your cat to exercise is to play with her using a feather wand, laser pointer, or other interactive toy. Aim for two or three 10-minute play sessions per day.

Always check with your veterinarian before starting any weight loss program. If your cat needs to lose weight, your veterinarian can help come up with a diet and exercise plan to ensure that it's done safely.

*Source: Association for Pet Obesity Prevention