



# DOG FITNESS



## DOG FITNESS & FOOD QUIZ

If your dog has been piling on the extra pounds and needs to get in shape, take our fitness & food quiz to help you identify the potential problems areas.



### NOT ENOUGH EXERCISE?

1. Do you know how much daily exercise your dog needs? \_\_\_\_\_
2. How many days per week are you meeting that requirement? \_\_\_\_\_
3. Do you exercise your dog in all weather or just when it's dry outside? \_\_\_\_\_
4. Does your dog do a mixture of walking and running most days? \_\_\_\_\_

*Talk to your vet if you're unsure about how much exercise your dog needs or search for breed requirements online. Getting your dog to be more active is a great way to keep them in shape.*



### THE WRONG FOOD OR TOO MUCH?

1. Do you know which type of food & how much is appropriate for your dog? Y/N
2. Do you weigh out your dog's meals each day? Y/N
3. Does everyone in your household know how much food your dog needs? Y/N
4. Do you have more than one dog and let them share food bowls? Y/N

*Giving your dog the right type of food and the correct amount consistently, can help keep them in shape. Ask your vet for advice on this. Make sure everyone who feeds your dog knows how much they need too. If you have more than one dog, separate them at meal times so you know they're only having their portion.*



### TOO MANY TREATS?

1. Do you feed your dog unhealthy human foods as treats (toast, fatty meats...) Y/N
2. Do you follow the recommended daily amount for dog treats/dental chews? Y/N
3. Have you increased your dog's treats over the festive period? Y/N
4. Do other household members or visitors give your dog extra treats? Y/N
5. Does your pet receive extra treats when they visit a friend or pet sitter? Y/N

*Your dog will still love you if you give them less treats, and if you switch to healthy ones like carrots, cucumber and apple. Ensure everyone who comes into contact with your dog is onboard with your dog's treat allowance.*

**Get in touch.** If you're concerned about your dog's weight, make an appointment for a weigh-in and body condition score with a veterinary nurse.

