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TOP TIPS:

Weight control during winter



#1. Portion sizes

Make sure you're following the recommended portion size for your pet's food. Remember no more than about 10% of daily calories from treats!

#2. Slow feeders

Try introducing a slow feeder to your pet during meal times as this can help them pace their meal and feel more satisfied with their food.



#3. Any exercise

Make the most of every opportunity to get your pet outside for exercise. But don't forget about indoor playtime and activities which can be just as effective, if the weather is bad.

#4. Supplements

Food supplements are available to help aid with weight issues. Ask for advice from your veterinary practice.



#5. Vet check-ups

Most important of all, you must take your pet for regular check-ups with your veterinary practice.