

# Keep your pit fit.

Keeping your dog at the right weight is one of the most important ways you can improve your pet's quality of life and longevity\*. You can use two simple strategies to rate your dog's weight:



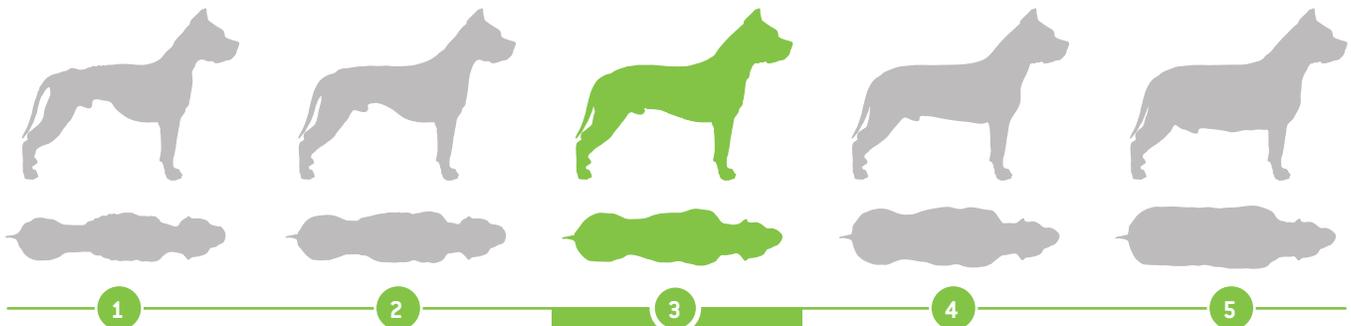
**LOOK**

Your dog's appearance



**TOUCH**

The way your dog feels



## TOO THIN

### Look at the side:

All bones are easy to see, even from a distance; abdominal tuck is extreme

### Look down:

Extremely small waist, pelvic bones visible, no muscle mass or fat is visible

### Feel the ribs:

Directly under the skin; no fat or muscle layer

### Feel the tail base:

Pelvic bones easily felt and seen

### Tips:

- Visit your vet to check for health problems and for recommended food types and amounts.
- If your dog is truly emaciated (as rescued dogs often are), increase food slowly and steadily to reach the ideal category.

## THIN

### Look at the side:

Tight abdominal tuck; all bones are easy to see

### Look down:

Hourglass figure; waist severely indented

### Feel the ribs:

Very little fat if any; covered mostly just by skin

### Feel the tail base:

High hip bones at base of tail are easy to find

### Tips:

- Check with your vet for any hormonal or other health issues.
- If your dog has a high metabolism or gets lots of exercise, you may need to increase food to bring your pet into the Ideal category.

## IDEAL

### Look at the side:

Defined abdominal tuck

### Look down:

Waist is clearly evident

### Feel the ribs:

Immediately evident to the touch under a light fat layer

### Feel the tail base:

Easy to feel where tail connects to back

### Tips:

- Whatever you're doing, keep it up!
- Consider varying food amounts with changing seasons or on less active days.

## OVERWEIGHT

### Look at the side:

No waist, belly hangs down

### Look down:

Broad back, maybe with a small waist indentation

### Feel the ribs:

Hard to find under the thick fat cover

### Feel the tail base:

Hard to find under fat deposits

### Tips:

- In the morning, measure the total amount of food your dog will get during the day. Use some for meals and the rest for treats.
- Give treats for rewards for exercise, like playing fetch, going on walks, and practicing "come."

## OBESE

### Look at the side:

No waist, fat hangs from abdomen

### Look down:

Broad, flat back

### Feel the ribs:

Almost impossible to find under the thick fat cover

### Feel the tail base:

Difficult to locate under the fat layer

### Tips:

- Talk with your vet about thyroid issues.
- Talk with your vet about the type and amount of food.
- Mix carrots, green beans or cottage cheese into a meal for added low-cal bulk.
- Stuff a Kong with part of the dog's meal to extend eating time and add exercise.

*I'm starring in my own version of The Hunger Games*

*I'm not fat. I just have big bones*

*I'm sexy and I know it*

*But..but.. everyone gains a freshman 15*

*I'm in shape.. round is a shape, right?*