

60% OF THE DOG POPULATION IS OVERWEIGHT OR OBESE<sup>+</sup>

# YOUR DOG TOO CHUBBY?

**OBESITY** IS COMMON IN DOMESTICATED DOGS, AND CAN IMPACT COMFORT, MOBILITY, AND LONG-TERM HEALTH

## 1 Limit Treats

Choose **healthy** treats and include them in daily calorie totals.



## 2 Understand Calorie Needs

Calculate the right amount for your dog. **Your veterinarian** can suggest the ideal body weight.



## 3 Feed An Appropriate Food<sup>++</sup>

Choose a **healthy diet** for essential vitamins, minerals and proteins, and formulated for weight management.



## 4 Portion Control

Use a measured food scooper and **check labels** on your dog's food packages.



## 5 Engage In Play or Take a Walk\*

**Daily walks** can support joint health, anxiety and behavioral disorders, and cognitive functions.



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\*VCA Animal Hospitals. The Benefits of Walking Your Dog. <https://vcahospitals.com/know-your-pet/the-benefits-of-walking-your-dog>  
+Cornell University College of Veterinary Medicine. The biggest health problem in canine medicine: Obesity. July 2024.

<https://www.vet.cornell.edu/departments-centers-and-institutes/riney-canine-health-center/canine-health-topics/biggest-health-problem-canine-medicine-obesity>

++Chewy. What to Know About Obesity in Dogs and How to Prevent It. May 5, 2025. <https://www.chewy.com/education/dog/health-and-wellness/dog-obesity>

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