5 Ways to Reduce Obesity in Dogs

Obese dogs do not live as long as normal dogs. According to APOP's clinical survey, about 56% of dogs in the USA are obese. This leads to diseases like **diabetes, heart diseases, respiratory problems, high blood pressure, cancer, liver dysfunction, organ damage, autoimmune disease, allergies, and arthritis.**

How to Reduce Obesity?

1. Maintain an ideal weight

The ideal weight for a dog depends on various factors such as breed, age etc. Consult your vet to know the ideal weight and establish a weight monitoring plan. Your vet might guide you with a proper plan.

2. Cut back on the treats

Treats count in your dog's daily calorie intake. And like chocolates for humans, treats make your dog put extra pounds. Reduce the intake of sugary treats and try rewarding the good behavior with a toy, interaction, or something that does not involve calories.

3. Avoid excess carbohydrates

Carbohydrates are among the macronutrients that provide energy to the body. This energy when not properly utilized will get accumulated in the body, which in turn leads to weight gain. Also, fix a daily calorie count for intake and follow it.
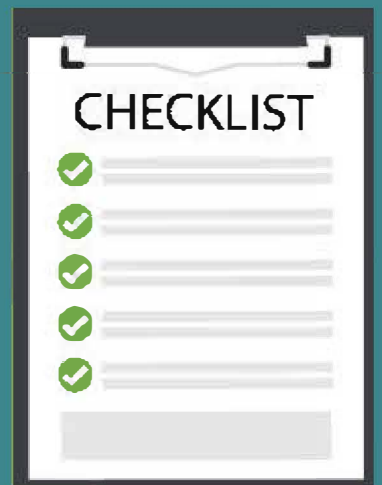
4. Encourage physical activity

If your dog is obese, he/she might not be up for continuous walking. So, take little breaks in between your walk. It is mandatory that you take your dog for at least 20 to 30 minutes walk every day. This boosts the immune system and improves the cardiovascular health.

5. Climb the mountains

Trekking has health benefits for both you and your pet which in turn will increase the bond between you two. But consult your vet if your dog is physically ready for it before you climb the mountains.
If you are planning for a holiday to the mountains, don't forget to take our pet temperature monitor along with you.

Waggle