

# WEIGH IN

## Don't let your dog become over-

**weight!** Similar to humans, being overweight can be detrimental to the long-term welfare of your dog. As a culture, we have become desensitized to the sight of so many overweight dogs that we are at the point where a dog of optimum weight looks thin to us. **Your dog counts on you to keep him happy and healthy - keep him fit and enjoying life for as long as he can!**

**44% of dogs in the US are overweight or obese\*. Don't let your dog join this statistic. Slim will add years and vitality to your dog.**

*"In a groundbreaking 14-year study by Purina, dogs fed to a lean body condition throughout their lives had a median life span nearly two years longer than overweight dogs and a later onset of chronic conditions such as osteoarthritis." (source: [www.purinaveterinarydiets.com](http://www.purinaveterinarydiets.com))*

## The Test...

Examine your dog for the following (*he needs to be standing*):

- **HIPS** - should be easily located but not "sticking out"
- **FROM ABOVE** - you should see an easily defined waistline; there should not be a fold of skin at the base of the tail (like a double chin on a human). No "coffee table" back (flat and wide).
- **FROM THE SIDE** - abdomen is raised, not sagging. Ribs should be visible but not obvious.
- **THE SQUEEZE TEST** - feel your dog's ribs; you should be able to **easily** feel them **and the space between them**. You should not feel a heavy outer layer of fat covering ribs. The ribs should feel like the large knuckle area of the back of your hand.



**OPTIMUM**



**OVERWEIGHT**



**THIN**