

## IS YOUR CAT OVERWEIGHT?

Did you know: the Association for Pet Obesity Prevention found that more than half of all cats in the US are overweight or obese?

## Which cat is yours?



Overweight and obese cats experience a decreased quality of life and are at greater risk for diseases such as diabetes, liver disease, and arthritis. There are ways you can help your feline achieve its ideal weight.

1 Playtime!

Get your cat to be up and active! Playing with your cat is also a great bonding experience. **Clean Water** 

Fill your cat's dish with fresh water every chance you get. Water is essential for weight loss.

3 Proper Diet

Follow recommended portions given on the back of your cat's food bags/cans. It is also worth checking with a vet to see what is best for your individual cat. Cats like to snack when bored, even if they aren't hungry!