



CANINE



FELINE

# Your complete weight record card



A practical guide to successful pet weight loss



# Welcome

## Did you know?

Pets as little as  
**20%**  
**overweight,**  
are at an increased risk  
of diabetes, arthritis  
and heart disease

## Thank you for trusting Hill's to help you get your pet back in shape

By joining our fight against obesity, you can help decrease your pet's risk of future weight-related health issues and the medical costs associated with treating them.

This booklet contains tips to keep you motivated to help your dog or cat reach a healthy weight.

## The right nutrition will get your pet back into shape

Your vet or vet nurse has recommended a Hill's weight loss product. Prescription Diet weight loss food is clinically proven\* to provide balanced nutrition for safe, controlled weight loss/maintenance while helping pets feel satisfied.

All foods are available in canine and feline in a variety of wet and dry textures.

### Metabolic Advanced Weight Solution

- Metabolic is different thanks to its synergistic blend of ingredients; it helps to reduce the excessive body weight.\*

### Urinary Stress + Metabolic

- To help support your cat's urinary health AND reduce body weight.

### Metabolic + Mobility

- To help support your dog's mobility AND reduce body weight.

### Urinary + Metabolic Dog

- To help support your dog's urinary health AND reduce body weight.

### r/d Weight Loss - Low Calorie

- High protein and total dietary fibre to help pets feel full between meals.



\* Data on file. Hill's Pet Nutrition, Inc.

# Your tailored weight loss programme

Pet's name:

Start Weight (kg):

Target Weight (kg):

Percentage overweight:

$$\frac{(\text{Start Weight} - \text{Target Weight})}{\text{Target Weight}} \times 100$$

Time until target weight achieved in weeks:

$$\frac{(\text{Start Weight} - \text{Target Weight})}{(\text{Start Weight} \times 0.01)}$$

Based on 1% body weight loss

Expected weight loss per week in g:

$$\frac{(\text{Start Weight} - \text{Target Weight})}{\text{Time until target weight achieved in weeks}} \times 1000$$

Initial exercise plan:

Other comments:



# Weight progress chart

Time

Insert Appropriate Scale

(e.g. Each 5 horizontal lines = 1 kg) draw a line to indicate the ideal weight

Weight

Next Appointment Date									
Body Condition Score (1 to 5)									
Daily Food Allowance (g)									
Exercise discussed (Y/N)									
Neck (cm)									
Chest (cm)									
Waist (cm)									
Body Fat Index (BFI)									

[illegible][illegible]



# Feeding tips and exercise

## Changing to new food

- Introduce your pet's new weight loss food gradually over a 7-day period
- Mix the new food with the current food, gradually increasing the proportion of new food until only the new food is fed
- If your dog is reluctant to accept the new food, add a little warm water or for cats add the liquid from tinned tuna to enhance the smell and flavour

## Measure up

- If you can, measure out your pet's full daily allowance in the morning
- Use scales for accuracy
- Divide food into the number of daily meals recommended by your vet or vet nurse

## When to feed

- Don't leave food available at all times
- Restrict meal time to 10-15 minutes, always at the same time
- Feed your pet before having your own meal to lessen their tendency to beg
- Keep your pet in another room whilst you are preparing / eating your own meals

## Make food fun

- For pets, mealtimes are often highlights of their day – so why should they last just a few seconds?
- Slowing down eating time can increase their feeling of fullness
- Toys filled with food provide an engaging way for pets to eat
- Scatter food so they can utilise their natural foraging habits







## Get Active

Your veterinary team can provide an appropriate exercise plan for your pet, but here are some ideas to help them get fitter and lose weight.

### Dogs

- Walks: In addition to regular walks, take your dog whenever you go out, for example, to post a letter or to visit friends. Walk your dog on different surfaces such as sand, snow or in shallow water to provide extra resistance and enhance fitness.
- Fetch: Throwing a toy to chase and retrieve is great exercise, and not too strenuous for you. Don't throw sticks as these can splinter and injure your dog's mouth.
- Hide and seek: Either outdoors or at home, you can hide and call your dog and let him find you. Alternatively, hide toys or kibbles for him to seek out.
- Join a class: Agility or obedience classes will exercise your dog's mind and body.
- Swimming: Swimming or hydrotherapy is good exercise, especially for dogs with joint or back problems.

### Cats

- Walks: Harnesses are available to take cats for a walk. When you are out, encourage your cat to jump and play.
- Toys: There are lots of toys to buy or that you can make which will entertain and exercise your cat. Many cats will go crazy for catnip toys! Alternatively, let your cat play in a box or with paper (Always ensure box or bag has ventilation holes, do not use plastic bags).
- Catch the light: Let your cat chase the beam of a white light torch. Don't use laser pointers as these can damage your cat's eyes.
- Hunting: Feed your cat in different places or hide the food so she has to hunt for it.



# Help support your pet

## Involve the whole family

- Success depends on everyone in the family committing to your pet's weight loss plan.
- Remind your family and friends that losing weight is better for your pet's health and ask them to participate.
- If you think someone is feeding table scraps or additional treats, watch to see which member of the family your pet pays the most attention to!

## Keep up the good work

When your pet achieves their target weight, congratulate yourself and everyone who has helped. And reward your pet with a long walk or a new toy!

But it's important not to go back to old ways. If your pet has been recommended Prescription Diet Metabolic Advanced Weight Solution by your vet then it is suitable to remain on this diet for weight maintenance.

Pets that are recommended Prescription Diet r/d for weight loss may then be recommended Prescription Diet w/d to help keep their weight healthy.

Hill's VetEssentials products also offer precisely balanced nutrition that can help to keep the weight off.

Talk to your veterinary practice or visit [www.hillspet.co.uk](http://www.hillspet.co.uk) or [www.hillspet.ie](http://www.hillspet.ie) for more ideas.



## 100% Satisfaction Guarantee

Hill's products are 100% guaranteed for quality, consistency and taste, or your money back.

If for any reason you are not completely satisfied with your Hill's pet food, simply take the remaining product back to your veterinary surgery and get your money back.

