

# How To Get Your Dog To Lose Those Extra Pounds, Get Healthy And Feel Great Maybe



Is your furry friend carrying some extra weight? Just like humans, dogs can also struggle with obesity and the health issues it brings. It's important to take action and help your dog shed those pounds to ensure a healthier and happier life. In this article, we will provide practical tips and advice on how to get your dog to lose weight, become healthier, and ultimately make them feel great again.

## **The Importance of a Healthy Weight for Dogs**

Before diving into the strategies, it's crucial to understand why maintaining a healthy weight is essential for your beloved pooch. Obesity in dogs can lead to a plethora of health problems such as diabetes, joint issues, heart disease, and a

decreased lifespan. By helping your dog lose weight, you are increasing their vitality, improving their quality of life, and reducing the risk of developing these health problems.



## Tips From Cody The Overloved Shiba Inu: How to get your dog to lose those extra pounds, get healthy and feel great. (Maybe even you too!)

by Matthew Masterson([Print Replica] Kindle Edition)

★★★★★ 5 out of 5

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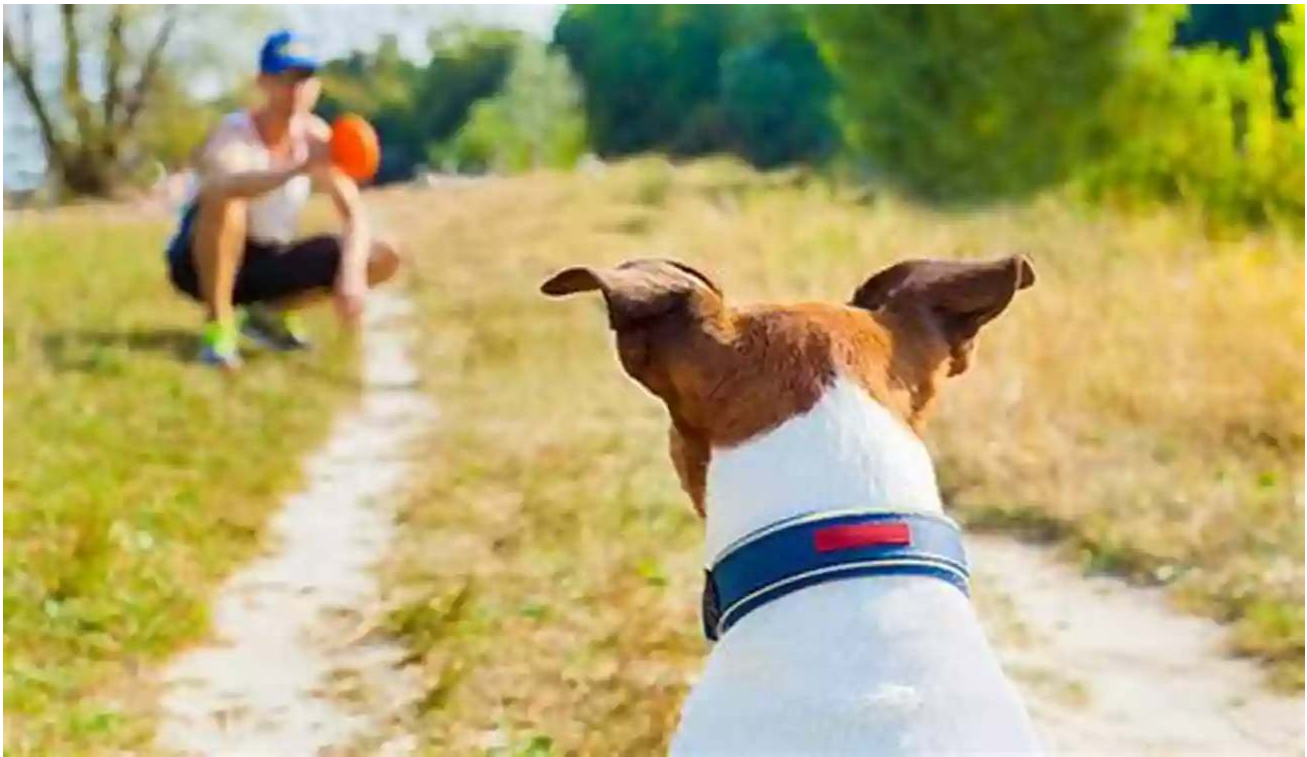
### 1. Consult Your Veterinarian

Before starting any weight loss program for your dog, it's always advisable to consult your veterinarian. They will be able to assess your dog's overall health, identify any underlying conditions, and provide tailored advice specifically for your dog's needs. Your vet may also develop a customized diet and exercise plan to ensure safe and effective weight loss.

### 2. Choose a Balanced Diet

Just like humans, a balanced diet is crucial for weight management in dogs. Avoid feeding your dog too many treats, and opt for high-quality, low-calorie dog food. Your veterinarian can recommend the appropriate portion sizes and specific dietary requirements for your dog's breed, age, and activity level.

### **3. Increase Exercise and Playtime**



Regular exercise is crucial for weight loss in dogs. Plan daily walks, play fetch in the park, or find activities that your dog enjoys. Increasing exercise not only burns calories but also promotes a sense of well-being and strengthens the bond between you and your furry friend. Gradually increase the duration and intensity of exercise to avoid injury and help your dog build stamina.

### **4. Monitor and Control Portion Sizes**

Be mindful of portion sizes when feeding your dog. Follow the guidelines provided by your vet or the recommended portion sizes mentioned on the dog food packaging. Avoid free-feeding and establish a feeding schedule with measured servings. This allows you to keep track of your dog's calorie intake and adjust it accordingly.

### **5. Consider Low-Calorie Treats**

Treats are an essential part of dog training and showing affection. However, when trying to help your dog lose weight, it's crucial to choose low-calorie treats. There are numerous options available in the market specifically designed for weight management. Additionally, you can also opt for healthier alternatives such as carrots or green beans as occasional treats.

## **6. Regular Weigh-Ins and Progress Tracking**

Keep a regular record of your dog's weight to track progress. This can be done at home using a reliable pet scale. Regular weigh-ins will allow you to monitor your dog's weight loss journey effectively and make necessary adjustments to their diet and exercise routine.

## **7. Don't Give Up!**

It's important to remember that weight loss takes time and effort. There may be hurdles along the way, but don't give up! With patience and consistency, your dog will start shedding those extra pounds and feel healthier and happier overall. Celebrate the milestones and seek support from your veterinarian or fellow dog owners who have gone through a similar journey.

Helping your dog lose weight and maintain a healthy lifestyle is a rewarding journey that is worth every effort. By following the tips mentioned in this article and being mindful of your dog's unique needs, you can provide them with a healthier and more fulfilling life. Remember, a fit and happy dog is a great companion for years to come!

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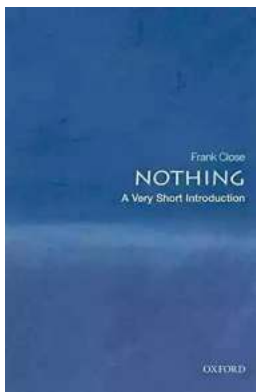
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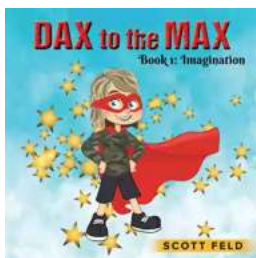


Cody The Overloved Shiba Inu was 104lbs when adopted in August of 2014; he was obese to the point that doctors feared he'd have a fatal heart attack at any moment. Over the course of the following year Cody lost 64lbs. to reach his goal weight of 40lbs. and gain a new lease on life. In this book he shares all his tips in a step by step manner to help other pets and owners get fit the right way!



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