

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

Is your dog overweight? If so, you're not alone. Many dogs in the United States are overweight or obese. This can lead to a number of health problems, including:

- Heart disease
- Diabetes
- Arthritis
- Cancer

If you're concerned that your dog is overweight, talk to your veterinarian. They can help you determine if your dog is overweight and develop a weight loss plan.



## 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

★★★★★ 5 out of 5

Language : English

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Here are some tips for helping your dog lose weight:

- **Feed your dog a healthy diet.** A healthy diet for dogs includes lean protein, complex carbohydrates, and healthy fats. Avoid feeding your dog processed foods, high-calorie treats, and table scraps.
- **Measure your dog's food.** It's important to measure your dog's food so that you don't overfeed them. The amount of food you should feed your dog will depend on their age, weight, and activity level.
- **Feed your dog regular meals.** Feeding your dog regular meals will help to regulate their metabolism and prevent them from overeating.
- **Exercise your dog regularly.** Exercise is an important part of any weight loss plan. Exercise helps to burn calories and build muscle. Aim for at least 30 minutes of exercise per day.
- **Be patient.** Losing weight takes time and effort. Don't get discouraged if your dog doesn't lose weight as quickly as you'd like. Just keep at it and you'll eventually see results.

If you're following these tips and your dog is still not losing weight, talk to your veterinarian. They may recommend a prescription diet or other medications to help your dog lose weight.

Losing weight can be a challenge, but it's important for your dog's health. By following these tips, you can help your dog lose weight and live a healthier, happier life.

### **Additional Tips for Helping Your Dog Lose Weight**

In addition to the tips listed above, here are a few more things you can do to help your dog lose weight:

- **Make sure your dog is getting enough water.** Drinking plenty of water can help to keep your dog feeling full and satisfied.
- **Avoid giving your dog treats.** If you do give your dog treats, make sure they're healthy and low in calories.
- **Be a role model for your dog.** If you're eating healthy and exercising regularly, your dog is more likely to follow your lead.

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## **The Benefits of Helping Your Dog Lose Weight**

Helping your dog lose weight has a number of benefits, including:

- **Improved health.** Losing weight can help to reduce your dog's risk of developing a number of health problems, including heart disease, diabetes, arthritis, and cancer.
- **Increased mobility.** Losing weight can help to improve your dog's mobility. This can be especially important for senior dogs or dogs with joint problems.
- **Longer life expectancy.** Dogs that are a healthy weight tend to live longer than dogs that are overweight or obese.
- **Improved quality of life.** Losing weight can help to improve your dog's overall quality of life. They'll be more active, more playful, and

more likely to enjoy life.

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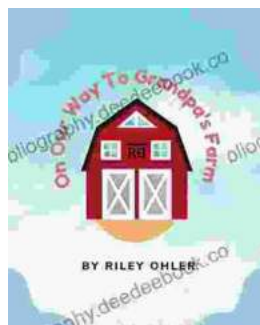
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