



## **Weight Management for Cats**

To a 4kg cat, gaining 1kg is the equivalent of an average person gaining 3 stone. Overweight cats are more likely to develop a variety of health problems including heart disease, arthritis and diabetes.

### **What causes weight gain?**

#### **Too much food**

Overeating is the main reason why cats become overweight. As with people, when a cat consumes more calories than it uses, its body stores those excess calories as fat.

The more fat that accumulates, the heavier your cat becomes.

#### **Too little exercise**

The amount of exercise or activity your cat gets makes a big difference to how much he or she weighs. Less activity means a greater risk of becoming overweight.

#### **Breed**

Mixed-breed cats and moggies, rather than pure breed, have a greater tendency to put on extra weight and become obese.

### **What's the difference between being overweight and obese?**

When a cat consumes more calories than it needs for a long period of time, it can lead to obesity. A cat is generally considered obese when its body weight exceeds its ideal weight by 20 percent or more.

The risk of obesity increases in pets between the ages of 6 and 12 years and in pets that have been neutered, although neutering does not automatically mean your pet will put on weight. Post neutering, weight management is even more important.

### **A healthy cat is a happy cat**

Being the ideal weight allows your cat to move around without difficulty, and get much more out of life. Slim cats are far less likely to suffer from weight related illnesses like heart disease, diabetes and arthritis and joint problems.

**Whatever the cause of your pet's weight gain, first seek the advice and support of your vet.**

Our nurse clinics are an essential part of monitoring your pet's weight and provide advice and support to you keep you motivated.

## **Diet**

We stock the full range of Hill's food to aid in your cat's weight management.

### **Through fibre technology**

**To reduce weight**



**Maintain healthy weight following weight loss**



**Avoiding weight gain**



### **Through metabolic change**

**To reduce weight**



**Maintain healthy weight following weight loss**



## **Exercise**

Healthy cats who spend a lot of time outdoors will get plenty of exercise by hunting, playing and exploring. However, overweight and indoor cats often suffer from lack of exercise. Exercising your cat is not difficult, and as well as helping them to lose weight, it makes a big difference to their overall health and happiness.

### **Tips:**

Toys help to encourage your cat to get moving – it's fun for both them and you!

Put your cat's food in different places each day and bring out the hunter in your cat!