



Weight Management for Dogs



To a 10kg dog, gaining 1kg is the equivalent of an average person putting on between about 6kg. This means that for a west highland white terrier, putting on 1kg is the equivalent of gaining over a stone.

Overweight dogs 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 dogs become overweight. As with people, when a dog consumes more calories than it uses, its body stores those excess calories as fat.

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

Too little exercise

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

Breed

Certain dog breeds are more likely to put on weight than others. Dogs that are genetically prone to gain weight easily include: Labrador retrievers, Cairn Terriers, Cocker Spaniels, Cavalier King Charles Spaniels, Long-haired Dachshunds, Shetland Sheepdogs, Basset Hounds and Beagles.

What's the difference between being overweight and obese?

Obesity is more extreme than being overweight. When a dog consumes more calories than it needs for a long period of time, it will lead to obesity.

A dog 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 this does not automatically mean your pet will put on weight. It just means weight management is even more important as you have to be aware of how much you are feeding.

A healthy dog is a happy dog

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

Getting fit is about more than losing weight. It's about living a healthy, active lifestyle that includes a balanced, nutritious diet and the right amount of exercise.

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

Diet

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

Dogs with good mobility

To reduce weight



Maintain healthy weight following weight loss



Avoiding weight gain



Dogs with impaired mobility

To reduce weight



Maintain healthy weight following weight loss



Avoiding weight gain



Exercise

Regular exercise will help your dog lose weight as well as keeping them fitter, healthier and happier and it can be fun for you too.

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