



## Woofers' Winter Weight Loss

Unfortunately, your favorite family friend is subject to the same winter weight problems that we have. It's just basic science. If you consume more – or even as much – but burn less, then you will gain weight. Yup, our dogs do tend to gain some weight during the winter.

Well, gosh darnit, it's COLD out there! I know. I agree. I am not about to do a 1 hour outdoor walk in 20 degree weather.

So, what are your options to help your dog maintain his weight, or maybe even lose a few pounds.

Here are a few quick suggestions to help:

### Burn more calories

- **Try an interactive toy.** While physical exercise is the best way to burn calories, playing with an interactive toy is the next best thing. A retrieving toy, like the *Pooch Treat House*™ is the closest to outdoor physical activity. However, puzzle based toys that require your dog to remove puzzle pieces to get to the food, or a toy like the *TreatStik* that requires your dog to move the toy to get the treats.
- **Feed a bone.** No really, feed your dog a bone. A frozen bone makes a great treat. Buy did you know that a 4-6" frozen meaty bone (with marrow) actually makes a good meal replacement for your 40-50 lb dog. And the bone takes much longer – and much more energy – to chew than does a bowl of kibble. A few good options are the *Tucker's Bones*, the *Primal Bones* and the *Bravo Bag-O-Bones*.
- **Take a training class.** Training classes are not just for obedience anymore. Well, they never were. Try a class for intro to tricks. Or how about trying for your Canine Good Citizen Exam. I'm personally partial to agility classes. While agility classes are a physical cardio experience for you and your dog, frankly, any training class will get your dog physically active, and mentally stimulated. And, it will help you bond more with your pet.

### Consume fewer calories

- **Feed a bone!** A bone is not just a treat. It can be a meal. In business school, I worked in *Jamba Juice's* corporate office. I had a smoothie for a snack every mid-morning. *Jamba Juice* has great, healthy smoothies. Why was I gaining weight? Then I realized that yes, I was having a healthy smoothie, but that was in addition to, rather than instead of, a healthy lunch. I had doubled my mid-day calories. No wonder I gained weight! The same can happen with your dog. That bone is like the smoothie. If you have a smoothie, remove a meal.
- **Supplement with canned pumpkin.** Canned pumpkin fills up your dog's stomach so he feels full faster and with less food. The extra fiber also helps your dog's digestion, helping him poop more regularly and more productively. A new canned pumpkin product, "Weight Loss Supplement" by *Fruitables* is supplemented with L-Carnitine to help boost your dog's metabolism to further increase weight loss.



- **“My dog is a garbage disposal.”** So, use that to your advantage. Leftover apples? Only want half the squash for soup? Want to hide those baby carrots? Toss them in your dog’s bowl to take up extra space with low calorie ‘treats’ rather than higher calorie kibble.