Tips to Keep Your Cat Lean and Healthy

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Obesity is one of the leading health problems cats face. If your cat is more than 20 percent over his ideal body weight, he is at risk for heart and liver disease, diabetes, arthritis, and an increased surgical/anesthesia risk. Adult cats typically weigh between 9 and 11 pounds, have very little "padding" over their ribs, and a pronounced waist (not a droopy stomach).

Obesity results when your cat takes in more calories than he burns. To help prevent obesity and the health problems associated with it:

- **Schedule a veterinarian visit** to rule out any health problems that may be contributing to obesity.
- **Feed your cat only once a day** - preferably in the evening - and leave the dish out for 30 minutes only. You can also reduce the amount of food by one quarter.
- **Try a reduced-calorie**, extremely healthy food which allows you to feed larger, more satisfying portions. We also recommend a fatty acid supplement like Vitacoat® Plus to boost skin and coat health and help control shedding, no matter what diet you feed.
- **Exercise your cat** - play is one of the best methods. Get him moving with a toy like Da Bird or other interactive cat toys.

Obesity is a very preventable problem. Keep your cat thin and he'll reward you with years of health, happiness, and joy.

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