



# EVK9 NEWS YOU CAN USE

"THE AVERAGE DOG IS A NICER PERSON THAN THE AVERAGE PERSON." (ANDREW A. ROONEY)

October 2019

## K9 OBESITY IS NO LAUGHING MATTER

WHAT YOU MAY NOT KNOW COULD KILL YOUR DOG



As of 2018, an estimated **56%** of of **dogs** (and **60%** of **cats**) in just the USA were carrying excess weight! These percentages work out to approximately:

- ~ 50 million canines; and
- ~ 56 million felines

are **overweight** or **obese!**

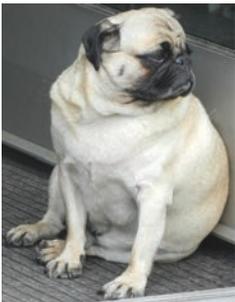
## ALL ADULT DOGS HAVE AN "IDEAL" WEIGHT

All mature dogs have an **ideal** weight for their **breed**. Up to 15% over the ideal weight is considered overweight; and more than 15% over the ideal weight is considered obese.

- 🐾 **From above**, the abdomen should be slimmer than the chest and hips; forming an "hourglass figure" with a defined "waist."
- 🐾 **The ribs** should be slightly visible - and easily felt - behind the shoulder blades.
- 🐾 **From the side**, the abdomen (just above the hind legs) should look "tucked up" compared to the chest.

*Excess fat has dire consequences for your dog!  
Learn more on the back page.*

## K9 BREEDS PRONE TO OBESITY



### Small and Medium Breeds

- ~ Basset Hound
- ~ Beagle
- ~ Cairn & Scottish Terrier
- ~ Cocker & Cavalier King Charles Spaniel
- ~ Dachshund
- ~ Pugs

### Large and Giant Breeds

- ~ Bernese Mountain Dog
- ~ Golden & Labrador Retriever
- ~ Newfoundland
- ~ Rottweiler
- ~ Saint Bernard

## 5 TIPS TO MAINTAIN A HEALTHY K9 WEIGHT

1. Feed a high-quality food or raw diet to avoid carb overload.
2. Do not free-feed throughout the day.
3. Measure all food and treat portions instead of guessing.
4. Ensure at least 30 minutes of exercise each day.
5. Reduce processed treats and offer more raw vegetables.

(Sources: PetObesityAwareness.com, DogMount.com/blog and CDC.gov/features/managing-pet-obesity-index.html)



## THE ONE MINUTE DOG TIP IS YOUR DOG OVERWEIGHT?

According to PetPlan Insurance, 95% of owners with overweight dogs, believe their dog's weight is "normal!" **Do you?**

Below are two **2 accurate** ways to ensure your dog's weight is really **normal** or **ideal** for their breed.

1. Use the calculator at [www.PetMD.com/HealthyWeight](http://www.PetMD.com/HealthyWeight).
2. Find ideal weight ranges for the Top 100 AKC Dog Breeds at [PetObesityPrevention.org](http://PetObesityPrevention.org). (Cat breeds are also listed.)

**MONEY CAN BUY YOU A FINE DOG, BUT ONLY LOVE CAN MAKE HIM WAG HIS TAIL!**  
(KINKY FRIEDMAN)



## Join One of Our Group Classes this Month!



Sign-up for one of our classes and receive \$15 off during the month of October!



Register for One of Our Classes at [EastValleyK9.com/training](http://EastValleyK9.com/training).



Learn more about our services at [EastValleyK9.com](http://EastValleyK9.com)  
Contact us at 480-382-0144 or via email at [EVK9services@gmail.com](mailto:EVK9services@gmail.com).  
FOLLOW us on: [EastValleyK9Services](https://www.facebook.com/EastValleyK9Services)

## THE CONSEQUENCES OF EXCESS PET FAT (POST ON YOUR REFRIGERATOR AS A HANDY REMINDER)



When your dog (or cat) carries excess fat, the consequences can be debilitating, costly - and even deadly - as illustrated below.



Kidney Dysfunction



Skin Disorders



Chronic Inflammation



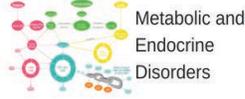
Reduced Life Expectancy  
Diminished Quality of Life



Respiratory Disorders



Orthopedic Disease



Metabolic and Endocrine Disorders



Cure Pet Cancer Cancer

PARTICIPATE IN THE 2019 SURVEY AT:  
[PetObesityPrevention.org/national-pet-obesity-awareness-study/](http://PetObesityPrevention.org/national-pet-obesity-awareness-study/)



Reprinted here with the permission of Dr. Ernie Ward of the Association for Pet Obesity Prevention (APOP).  
Source: 2014 American Animal Hospital Association.

## COOL STUFF FOR THE DOG LOVER

### RESCUE DOG WINES: WINE, DOG RESCUE & SOCIAL GOOD

It all started with an entrepreneurial spirit, a love of wine and the heartfelt desire to create social good through rescuing homeless canines (and even some felines!). Today that dream has become **Rescue Dog Wines** of Lodi, California!

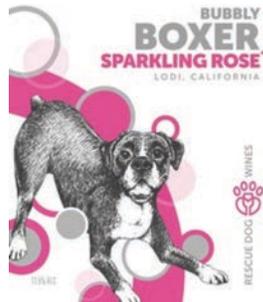
*"We're passionate about how our love of wine and fostering dogs translates into our daily business."*

Not only does this vineyard produce world-class vino, it also supports rescue dogs, charity organizations and local SPCAs with **50% of their profits!**

Founded by husband and wife, Blair and Laura Lott, the Acampo de Uvas vineyard is located in the **largest** wine growing region in the USA (at **twice** the size of Napa Valley!).

So stock up on your wine collection **and** add Rescue Dog Wines to your holiday gift list. Then pop the cork and know - with each and every bottle - you, your friends and family are giving back to homeless pups!

SHOP & JOIN ONE OF THEIR WINE CLUBS AT [RESCUEDOGWINES.COM](http://RESCUEDOGWINES.COM)  
AND SUPPORT THEIR LOCAL EVENTS!



Learn more about our services at [EastValleyK9.com](http://EastValleyK9.com)  
Contact us at 480-382-0144 or via email at [EVK9services@gmail.com](mailto:EVK9services@gmail.com).

FOLLOW us on: [EastValleyK9Services](https://www.facebook.com/EastValleyK9Services)

## CANINE FIRST AID BASICS WHEN YOUR DOG IS OVERWEIGHT



### How to Exercise Them Safely

Just like with humans who are carrying extra weight, **any** exercise for your overweight dog should begin in small, very moderate doses (just 5-10 minutes).

### BEFORE BEGINNING ANY EXERCISE

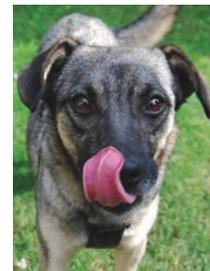
If your dog is carrying excess weight, visit your vet **first** for an overall evaluation. Then together, design a **safe exercise** plan for your dog.



### SAFETY TIPS DURING EXERCISE

- Panting is one of the natural ways your dog cools down. **But** excessive panting and/or drooling are indications of too much activity too fast. **Stop or slow down!**
- Always exercise when it's the coolest.
- Properly warm-up and cool-down your dog before - and after - each exercise session.
- Always carry **plenty** of fresh, cool water for your dog to drink **during** and **after** any exercise to avoid dangerous dehydration or heat exhaustion and/or stroke.

(Sources: [Pets.WebMd.com](http://Pets.WebMd.com) and [HealthyPets.Mercola.com](http://HealthyPets.Mercola.com))



## LICKIN' GOOD FROZEN CHICKEN & APPLE TREATS!

Simple and healthy dog treats with all-natural ingredients can help keep your dog's weight on track! How about TWO ingredients and just 5 minutes to make and freeze?

*Note: Use organic bone broth (or make your own in a crockpot) to support your dog's joint health!*

### FROZEN CHICKEN & APPLE TREATS

32 ounces of chicken broth or bone broth (**low sodium**)  
1 to 1-1/2 pounds of apple slices

Chop apples into small pieces (keep the nutritious skins on, but remove all seeds). Divide evenly into ice cube trays or your favorite K9-themed silicone molds.

Fill each mold with broth and freeze for 4 hours. Pop out and store in a Ziploc bag in the freezer.

(Source: [PetPartnersUSA.com](http://PetPartnersUSA.com))