

**Keeping Your Pet Fit: Food and Play** 





## What can you do to help keep pets healthy?













## What do dogs and cats eat?













## How much should they eat?





## All pets don't need the same amount





### A cup is not always a cup

Demonstration: Measuring cup, coffee can, dry beans or kibble,

2 food bowls









#### How much do we want?











#### Pets need exercise too!







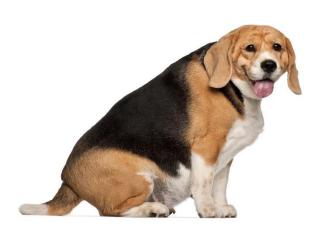






## Are these pets overweight?











# How can you tell if your pet needs to lose weight?











#### **Practice**

- Interactive: have them measure our a cup and can of food and put them in the food bowls
- Dog food bag: point to where it says how much to feed the dog











## **Questions**

