

Keeping Your Pet at a Healthy Weight

Family Matters

When people think about helping their pet live a long and happy life, they often think of vaccinations, exercise or choosing the right food.

All of these matter.

But one of the greatest gifts you can give your pet is helping them maintain a healthy weight.

At Amity, we believe preventing disease is always kinder than treating it. Maintaining a healthy weight is one of the simplest and most effective ways to help your pet enjoy a longer, healthier and happier life.

Our purpose is simple: **Empower You Through Education.**

Why Does Weight Matter?

Even a small amount of excess weight can have a significant impact on your pet's health.

Being overweight increases the risk of:

- Arthritis and joint pain.
- Diabetes.
- Heart and breathing problems.
- Urinary disease.
- Difficult anaesthesia.
- Reduced mobility.
- A shorter lifespan.

Most importantly, it often means your pet is carrying unnecessary discomfort.

How Do I Know If My Pet Is the Right Weight?

Veterinary professionals use a **Body Condition Score (BCS)**, which grades pets from **1 to 9**.

- **1/9** = Too thin.
- **5/9** = Ideal.
- **9/9** = Severely overweight.

You can assess your pet at home by looking for three simple things:

1. Feel the ribs.

You should be able to feel the ribs easily with gentle pressure, but you shouldn't be able to see them.

2. Look from above.

Your pet's chest should taper into a visible waist. They shouldn't resemble a torpedo or cigar.

3. Look from the side.

The abdomen should tuck up behind the ribs. If the underside is flat or barrel-shaped, they're probably carrying excess weight.

If you're unsure, we'd be happy to show you how to body condition score your pet during a health check.

It's About Balance

Healthy weight isn't about feeding less—it's about feeding appropriately.

Every pet is different. Their ideal diet depends on their breed, age, lifestyle, medical conditions and activity levels.

Treats are absolutely fine, but remember they count towards your pet's daily calorie intake. A few extra treats every day can quietly become unwanted weight gain over time.

Prevention Is Easier Than Weight Loss

Helping a pet lose weight takes time.

Preventing weight gain is much easier.

Small, consistent habits—measuring food accurately, limiting treats and keeping your pet active—can add healthy years to their life.

We're Here to Help

At Amity, we believe one of the best consultations is the one that prevents future illness.

That's why **Amity Essential Membership includes unlimited health checks**. Whether you want your pet weighed, body condition scored or need nutritional advice, we're here to help before a small problem becomes a bigger one.

Because healthy weight isn't about appearance.

It's about helping your pet run, jump, breathe and play comfortably for as long as possible.

They're not just your pet.

They're family.

Family Matters.

If you need more information, book an appointment with an Amity vet. We're here to Empower You Through Education and help you become your pet's greatest advocate.