

Pet Fitness Class

Background: Everyone loves a chunky cat or pup, but it isn't good for the animals' health to be too chubby! We can help them stay healthy AND busy with a little exercise routine built into every day. Let's get physical!

Materials: For cats: wand toy (bought or DIY); crinkly paper, laser pointer or toys
For dogs: leash and harness; ball, frisbee or other toys
For small animals: toys, recycled paper tubes and boxes to build a maze

Directions: Help your pet stay healthy by making sure they play and exercise every day. Develop a workout plan to keep them active by choosing some of the activities found below. Use the pet fitness log to help you and your pet develop healthy habits. You can make toys or use things you have like Frisbees or balls.

Veterinarians are seeing a lot of overweight or obese pets. Overweight pets are more at risk for health problems, which can cost a lot of money to treat.

- **Obesity in dogs and cats can cause:**
- high blood pressure
- type 2 diabetes
- kidney disease
- osteoarthritis
- trouble breathing
- an increased risk of getting cancer
- decreased life expectancy
- lower energy levels

SAFETY NOTE:
Always be sure to supervise your pet when they use wand toys or any DIY toys!



Did someone say WALK??



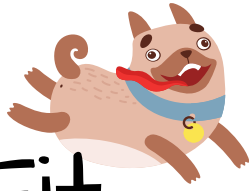
Think about it! 

Do you feel better if you eat healthy food and move around every day?

Does playing make you happy?

Just like us, pets do best when they have healthy food and lots of exercise and play time.





Dog Fit

- Dogs can be taken on longer or more frequent walks to keep them active.
- Swimming is a low impact workout for dogs!
- Plan play dates for them with other dogs or take trips to the dog park where they can frolic off-leash.
- A good game of fetch with a ball or Frisbee will make them very happy and keep you moving too!
- Puzzle feeders are a great way to let pets express natural hunting and foraging behaviours. They also help gobbling pets eat more slowly!

Easy DIY Dog Puzzle toy

A large PVC pipe and your dog's favourite peanut butter. Make sure the pipe has an opening wide enough so your dog's snout does not get stuck! Slather PB inside pipe, set down for your hound and let their nose work!

Easy DIY Cat Puzzle toy

Fill a cardboard tube with kibble, fold down the edges and cut a small hole to dispense the food.

Bunny Fit

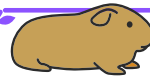


- Rabbits need plenty of exercise to stay healthy, at least four hours each day outside of a cage!
- Your rabbit can hop around your house or in a large fenced-in area safe from other animals, electrical cords and household plants.
- Rabbits love outside supervised playtime in a safe pen on grass.
- Buns also love puzzle feeders and toys such as paper bags, cat toys and hard plastic baby toys. Be sure the plastic cannot crack or break.



Cat Fit

- Cats love play sessions with a wand toy or catnip ball to keep them active.
- Encourage kitty to MOVE by placing small food bowls in different areas of your home or hiding kibble around the house.
- Cats can be trained to walk on a harness too!
- Use puzzle feeders. Start simple so your pet will learn how to use them. Food puzzles can be motionless or rolling, store bought or homemade.
- A laser pointer is a great way to get kitty moving! Remember, **never** shine it in your cat's eyes or anyone else's as it can cause vision damage.



Guinea Pig Fit

- Guinea pigs need some supervised time out of their habitat every day in a safe, enclosed area.
- Guinea pigs will happily romp around a room that has been cleared of hazards like electrical cords, cats/dogs, and poisonous plants. They love to run along walls and hide under furniture.
- Add wooden or plastic houses, and cardboard or plastic tubes big enough for them to run through to their habitat.
- Why not create an obstacle course using recycled materials?

The smallest of the "Smalls"



- Even mice and gerbils require daily exercise!
- An empty wading pool or a bathtub (drain closed!) lined with a towel works well. Fill with safe objects to climb on, over and through to keep your little friends busy and interested.
- Paper bags, cereal boxes, paper cups, toilet paper rolls and untreated wood are good choices. Create their own gym!



Pet Exercise Log

Day

Activity

How long?
