Tips for Getting Good Results

Feed your pet the appropriate amount of food. When your pet first starts his diet, you might think he seems hungry or seems to be begging more than usual. It's important that you resist the temptation to feed your pet more food, more treats, or "people food" in addition to his scheduled amount of food and treats. Don't forget to use an 8-ounce measuring cup to measure portions.

If you have a cat, make sure that your cat eats the new food. It may be necessary to transition some pets over to the new food over a 3 to 4 day period by slowly mixing the previous diet with Restricted-Calorie Formula.

Reduce snacks or treats. When your pet begs, respond with play, petting, or exercise. Remember treats add calories. If you must provide treats, you should control how many treats your pet receives each day. Don't forget that every time your pet is given food after begging, the behavior is reinforced and begging is encouraged and maintained. For dogs, one healthy alternative is for your veterinarian to prescribe Restricted-Calorie Rewards™/Canine. Four of these nutritious treats per day can be substituted for ¼ cup of Restricted-Calorie Formula®/Canine. If you have a cat, measure out the allotted amount of food for the day and pull out 6-8 kibbles to provide as treats during the day.

Feed your pet several meals throughout the day. Divide the daily portion into 2 or more small meals to reduce hunger and begging. A bonus is that your pet's body burns calories to digest food, so feeding more meals will actually help burn more calories.

Keep a weight-loss record. It's a good idea to chart what and how much you feed your pet every day. Also, regular weigh-in's are important to measure your pet progress. A chart is provided for you in this brochure.

Feed all meals and treats only in your pet's bowl. Putting all of your pet's food in his bowl helps to control overfeeding, since it requires more effort from you and your family.

Provide plenty of clean fresh water. Always have fresh water available for your pet to drink.

Isolate your pet when the family eats. Keeping your pet away from the areas where meals are prepared or eaten helps to eliminate the temptation to give your pet "people food". You should also separate your pet from other pets while eating to reduce competitive eating or sharing food.

Exercise your pet. Walking is an excellent exercise to help your pet get into better physical condition. During the first week, walk your pet on a leash for 10 minutes. After the first week, increase the time by 5 to 10 minutes each week until you are up to 30 minutes a day. If your cat refuses to walk on a leash, try to get your cat to play with cat toys. Many cats like to chase a spot of light produced by a small flashlight.

Your Pet's Chart of Progress

Attach this chart to an area, such as a refrigerator door, so you can easily record the data. Encourage every family member to become involved in your pet's weight-loss plan.

Date	Weight	Amount	Treats