

## Exercise and Nutrition are two of the Six Pillars of Preventative Health Care

### *Critical Pillars of Good Health:*

- ◆ *Regular Wellness Exams and Early Detections of Disease*
- ◆ *Routine Vaccinations*
- ◆ *Preventative Dental Care*
- ◆ ***Parasite and Flea Control and Prevention***
- ◆ *Regular Exercise*
- ◆ *Nutrition*

**Talk to one of our veterinarians about your pet's preventative health care today!**



## SHAW PET HOSPITALS

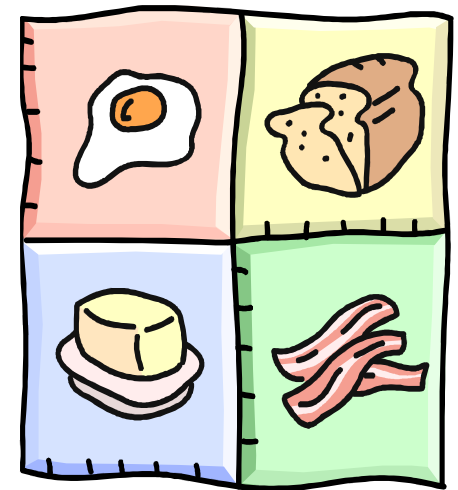
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# Facts about Exercise and Nutrition in Dogs and Cats



# EXERCISE AND NUTRITION

## Exercise for your Dog and Cat.

You already know how important exercise is for your health. The same applies for your dog and cat. Regular daily exercise can not only help keep them healthy, it stimulates their minds and can curb destructive behaviour.

Exercise for dogs can be daily walks, swimming, fetch, or playing with a toy. Training also works the mind and can be a good way to tire your friend out.

Cats are harder to exercise, but they still need it. Try hunting games by hiding their kibble around the house, or chasing a mouse on a string or some feathers. Many cats can be harness trained to go for outside walks.

No matter what sort of exercise you give them, know that you are helping to keep them in good shape both physically and more important mentally. Because a well exercised pet, is a happy one.

## Nutrition

Pet food companies are a huge business today. There are hundreds of various dog and cat food companies out there that all want your business. No matter which one you pick, remember that “you get what you pay for”.

All foods must meet certain requirements set out by governing bodies before they are allowed to be sold, however the quality of ingredients is not controlled and can be hugely different. Products sold in grocery and discount stores are cheaper to make because the ingredients are lesser quality, may contain fillers which your pet can't absorb, and may not be intestinally available to your pet. Higher quality foods are more likely to be better quality, less or no fillers and will be much more absorbable by your pets digestive tract. The more digestible the food, the healthier your pet.

Don't be fooled by packaging either. The rules around advertising are broad and can be misleading. Take the time to learn about pet foods so that you can make an informed decision.

Here is a brief summary of common food products.

*Kibble:* A dry, extruded food that comes in a wide variety of shapes, sizes and flavors. Very easy to store.

*Tinned:* A moist food that will keep in the fridge for a short time. Also comes in many flavors, usually in a pate or chunky style. This is an excellent way to make sure your pet gets extra water.

*Raw or BARF:* Uncooked meat, bones and/or vegetables and fruits that is served raw to your pet.

**Shaw Pet Hospitals does not support Raw or BARF diets as there have been numerous studies indicating that salmonella and e-coli bacteria are present.**

If you wish to research your pet foods, the internet can be a great source but only if it comes from qualified veterinarians and nutritionists.

Shaw Pet Hospitals confidently recommends Medi-cal, Royal Canin, Hills, Purina Veterinary and Iams Veterinary Diets.