

# How would I know if my pet is overweight?

There are some easy parameters to check if your dog or cat is overweight. This involves palpation of (i.e. handling of) ribs, lumbar vertebrae, pelvis and tail base as well as a visual assessment of overall shape. Weight charts (see link under this question in FAQ) will also give useful guidelines for all the main breeds.

The following is a good guide but, if you are in any doubt, contact us for a free nursing check and advise on weight control.



## Optimal weight

- The ribs, lumbar vertebrae and pelvic bones are felt easily with only slight fat cover.
- The tail base is smooth and thin.
- The belly should have an upwards tuck when viewed side on and a waist (i.e. hourglass shape) should be visible when viewed from above.

## Overweight

- Ribs and lumbar vertebrae are difficult to feel.
- Pelvic bones are felt with some fat cover.
- The tail base has some fat deposition.
- The belly tuck is less or absent when viewed side on.
- Waist is lost with a slightly broadened back when viewed from above.

## Obese

- Not possible to feel ribs and lumbar vertebrae and pelvic bones have thick tissue cover.
- Tail base thickened with fat cover.
- The belly is convex with or without a downward bulge.
- Back is markedly broadened

For information on our FREE weight control clinics see the 'free services' section on the min menu