



Wags and Purrs Comfort Corner

Pet Obesity and Weight Loss



October is practically synonymous with Halloween but it's also home to National Pet Obesity Awareness Day. Speaking of scary, according to recent findings by the Association for Pet Obesity Prevention (APOP), more than 45 percent of dogs and 58 percent of cats can be classified as overweight or obese!

One extra treat, a shared snack, a taste of something off a dinner plate and the next thing you know your furry friend is packing on those pesky extra pounds. While a pet parent may not think a few pounds is dangerous, they can add up fast and lead to increased health risks for a pet, such as diabetes, heart disease, kidney disease, high blood pressure, respiratory difficulty, chronic inflammation, Arthritis, increased anesthetic risk and a shortened life span.

Fear not, if your pet is already heavier than recommended, there are ways to help get them get back on track. A healthy, properly portioned diet along with exercise is the foundation of not only weight loss but overall health and wellness.

Walking is a great way to get in some exercise and

Health Tip for the Season

Good news! A reduced calorie diet doesn't mean your pet has to be completely deprived of snacks. Try nutritious, low calorie, high fiber treats, like sweet potatoes, apple slices, baby carrots, broccoli, zucchini or green beans. High fiber treats will help keep your pet feeling full while trying to trim those extra pounds away.

Training Tip for the Season

A pet doesn't have to be off leash to enjoy themselves! No matter how well trained, all pets are at extra risk when off leash in an open area. A pet could become frightened or injured, causing them to run off into traffic or risk getting lost. Retractable leashes AREN'T the answer, as they pose many dangers to both pets and pet parents. The best way to keep your pet safe, and allow your pet to enjoy themselves out on a walk without feeling like they're restricted is loose leash

allow a pet to burn off some of their pent up energy, which can reduce unwanted behaviors, such as chewing, barking and digging. In addition, allowing a pet to explore, stop to sniff and interact with their surroundings provides incredible mental stimulation.

If a pet is already overweight or obese, always start slow. Pets with weight issues often suffer from joint issues and if a pet isn't used to a daily walk or hike, they may get sore. As much as it may seem like it, those pounds didn't appear overnight and they won't disappear as quickly either. Depending on your pet's comfort level, start with a 5 minute walk around the yard, then progress to a 15 minute walk around the neighborhood and finally a light jog or even a short hike. Watch your pet for any signs of discomfort or stress and modify the walk accordingly.

Cats can also suffer from weight issues and obesity, but unlike their canine counterparts, they can't get outside for a walk. For this reason, it's important to not forget about our feline friends when considering their exercise needs. Cats benefit from playtime as their source of exercise. Pick up a wand toy, a laser light, jingle balls, or electric motion activated toys to get your cat excited about exercise. All cats will have their own preferences to what they enjoy, but as long as they are moving, they are burning those extra pounds away.

The trick to weight loss is taking it slow and steady but the treat will be lowering the risk of serious, potential illness and a potentially longer life span!

walking.

Pet Sitter Tip for the Season

A daily walk with a Professional Pet Care Specialist is a great start to keeping healthy and trim but if your pet is already suffering from obesity, it may not be enough. Pet parents can help their pets along their weight loss journey by proper feeding habits, limiting extra treats and providing extra exercise, whether as an additional walk, modified agility training or simply playing in the yard!

Featured Organization of the Month



Live Like

Live Like Roo Foundation is a volunteer-run 501c3 that assists animals through a cancer diagnosis by providing financial and emotional support to their owners. Through grants, care packages, special experiences and genuine human support and kindness, The Live Like Roo Foundation has been able to assist over 8200 pets and their families through cancer diagnoses.

Having experienced this devastation first-hand with the loss of Roosevelt, The Live Like Roo Foundation strives to be a helping hand in a difficult and sometimes confusing time. We want to be a real life sounding board and support system for people that need guidance and hope, sharing compassion and strength along the way. Ultimately, our mission is that you and your pet will #LiveLikeRoo.

We are nationwide, but are based in Chicago. Since 2016, we have granted over \$500,000 to families going through one of the most difficult times of their lives. We also send cancer care packages that include a blanket, a tennis ball, toys, treats, a McDonald's gift card, and tissues. All of the things that Roo the rescue dog loved. All of this in the name of a dog named Roo, who passed away far too soon from cancer. We created a bucket list and he lived life to the fullest for 5 months, inspiring others to live every day like it is your last-Live Like Roo.

Donations can be made at livelikeroo.org/donate

Find Live Like Roo Foundation online:

Website - <http://livelikeroo.org>

Facebook - <http://facebook.com/livelikeroo>

Instagram - <http://instagram.com/livelikeroofoundation>

Twitter - <http://twitter.com/livelikeroo>

October Birthdays



Staff celebrating a birthday in the month of October

Heather Haldie

Pets celebrating a birthday in the month of October

**Sabrina Pollak
John Myers
Ruby McGuigan
Rosie Cortez
Lyric Paal**

Meena Roe
Aurora Petrie
Cocoabean Haalman
Kira Jackson
Max Dull
Sherbert Konek
Duchess Ackerman
Kali Davis
Baily Soles
Buddy Streussnig
Libby Surgent
Sharky Karelitz
Anna Marie Brenner
Grady Cunningham
Kiwi Cunningham
Zoe Ansanelli
Daisy Kassyk
Bleu Stotler
Grayson Lupovitz
Chunk Slobodnyak
Nudge Middleton
Binx Arcuri
Twinkle Haalman
Brody Radzevich
Greyson Miller

Happy Birthday, all! Paw-ty hard!

Healthy Homemade Treats for the Season

Pumpkin Apple Dog Treats

Ingredients:

- 4 - 4.5 cups oatmeal, plus
- additional
- 1 medium apple
- 1 egg
- 1 cup canned unsweetened
- pumpkin puree



Directions

Preheat oven to 400 degrees F. Grind the oatmeal down in a food processor or blender. Transfer to mixing bowl.

Core apple, being sure to remove all of the seeds. Grate apple, and add to bowl with oatmeal.

Add egg and canned pumpkin to bowl and mix well to combine. The mixture will be thick and slightly sticky.

On a surface dusted with oatmeal (ground or not, your choice) roll the dough out to approximately 1/2" thick. Use a doggy bone cookie cutter to cut dough into shapes, and transfer to a lined baking sheet.

Bake for approximately 12-15 minutes, or until golden and crispy. Allow to cool to

room temperature, then store in an airtight container for up to a week.

Pumpkin Pie Cat Treats

Ingredients

- 2 cups brown rice flour
- 1/2 cup uncooked oatmeal
- 1 cup canned unsweetened pumpkin puree
- 1 cup grated carrots
- 1/2 cup unsweetened plain applesauce
- 1/4 cup brown rice flour for rolling

Directions:

Preheat oven to 350 degrees.



In a food processor blend pumpkin, applesauce, and carrots until smooth. Mix brown rice flour and oatmeal in a bowl. Add wet ingredients to the dry and mix by hand until dough forms.

On a floured countertop or cutting board, roll dough to about 1/4-inch thick. Use cookie cutter to form cute shapes or cut into small squares.

Place cookies on a greased cookie sheet and bake for 7 minutes. Flip treats over and bake for another 5 minutes. Remove from oven and cool thoroughly. Store in fridge or freezer; keeps for months.



Barking Truth



Barking Truth
By Comfort at Home Pet Services

Clients, followers and friends have voiced their appreciation of our educational blogs and monthly newsletters and have urged us to release a pet care podcast. We are excited to announce that we have answered the call with Barking Truth, a podcast exposing the truth in the pet industry to keep all pets safe, healthy and well.

We will be releasing a new podcast every Wednesday and hope you can tune in and support pets everywhere by uncovering the truth of pet care.

Be sure to follow us on Anchor, Spotify or your favorite podcast service.



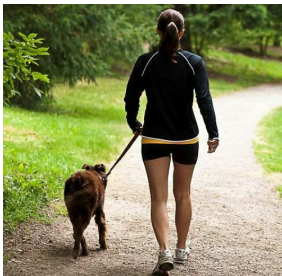
provide educational, informative and fun content to our readers! We love hearing your feedback on our newsletters and blogs and want to know what you, dear reader, would like to see in future newsletters and blogs. Are there topics you are interested in that we haven't covered or you would like more specific information? Please feel free to let us know. We'd love to hear from you!

Please email suggestions to Jen@comforhomepetservices.com

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Comfort at Home Pet Services LLC | 308 Woodstone Drive, Pittsburgh, PA 15235

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