
















<b>HELPFUL TIPS AND HINTS FOR SUCCESSFUL WEIGHT WATCHERS</b>	
When changing your pet onto their new diet food, gradually mix it into your pets normal food over a 7 day period. This will help to avoid upset tummies.	
Rather than feeding snacks or treats, try raw fruit or vegetables like carrot sticks, apple slices or withhold a few biscuits from your pets daily allowance to be given through the day as treats.	
Weight out their daily allowance every morning and keep it in a separate container so you know exactly how much they need per day.	
Divide your pets daily allowance into several meals + feed throughout the day.	
Keep the 'Weight Watchers' in a separate room when preparing their meals.	
If you have several pets, try to feed them at different times	
Avoid leaving food lying around.	
<b>EXERCISE TIPS FOR CATS</b>	
Encourage your cat to follow you when you move from room to room, particularly up and down stairs.	
Use toys to encourage your cat to play	
Hide food to make your cat 'hunt' for it	
Shine a torch on the walls for your cat to chase	
Walking on a harness - safely walking your cat	
<b>EXERCISE TIPS FOR DOGS</b>	
Enjoy regular walks with your dog, walking at a constant pace will help	
Take your dog for walks on different surfaces, such as sand or water - This will provide extra resistance	
Let your pet warm up and gradually increase exercise as fitness improves	
Always follow your pets recommended exercise programme - it has been set up with your pets individual needs in mind	