



# WHISKERS AND PAWS FOR KIDS



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## Pet Fitness

**Train and Play:** Pets thrive on attention and having fun! Playtime is also a great way of exercising your pet and working at keeping them healthy so they will live happy lives.



**For cats:** a wand toy (which you can make), crinkly paper to make a ball, paper grocery bags, laser pointer or toys you buy are all you need to play.

**For dogs:** a leash and harness, ball, frisbee or other toys keeps them happy.

**For small animals:** they like challenges so toys, recycled paper tubes and boxes to build a maze will amuse them for playtime.



**Directions:** Help your pet stay healthy by making sure you play and exercise with them every day. You can go online and get creative by making toys to use for playing with your pet.

Veterinarians are seeing a lot of overweight or obese pets. Overweight pets are more at risk for health problems, which can cost a lot of money.

### Obesity in dogs and cats can cause:

1. high blood pressure
2. type 2 diabetes
3. kidney disease
4. osteoarthritis
5. trouble breathing
6. increased risk of cancer
7. decreased life expectancy
8. low energy levels



### Think about it!

Do you feel better if you eat healthy food and move around every day?  
Does playing make you happy?

Just like us, pets do best when they have healthy food and lots of exercise and playtime

## Dog Fitness

- Explore new places for taking a walk with your dog. Senior dogs can be taken on more frequent shorter walks.
- A good game of fetch with a ball or Frisbee will make your dog very happy. When choosing a toy dogs can only see the colors light yellow, dark yellow, light blue, dark blue and very dark gray
- Feed your dog healthy snacks like baby carrots, celery sticks, and cucumber pieces. Fruit like strawberries, blueberries, and pieces of apple are all good choices. Fruit has a lot of sugar so don't overdo it. Too much can cause your pet to gain weight.
- Puzzle feeders or enrichment toys are great for letting pets express natural hunting.

## Cat Fitness

- Cats sleep between 12-20 hours per day. So it's important to stimulate them into doing some exercise. Cats are hunters by nature. Toys that make them run and jump are good like a wand toy or a laser. Never shine a laser toy into either a person's eyes or your pets it can damage their vision.
- Cats can be trained just like dogs to walk outdoors using a harness.
- All animals need to be mentally stimulated otherwise they get bored and lazy. Puzzle or enrichment toys are great to motivate your cat. You can make them or buy them.
- When choosing toys for your cat they only see the colors red, blue and green.

When choosing toys for your animals make sure they are the appropriate playstyle of your pet. Choosing the wrong toy can cause choking and intestinal blockages as the toy breaks apart.

Some dogs have a tendency to tear stuffed toys apart to get to the squeaker inside. The squeaker can become a choking hazard.

Rope toys will start to shred with use. Dogs will swallow the threads and over time they can lead to a blockage.

**Always supervise playtime with your pets.**



**Note: If you have a question about animals or your pet, please visit our website at [Popememorialcvhs.org](http://Popememorialcvhs.org) and go to “Programs & Resources” and choose “Humane Education”. You will find a section labeled “Ask Ms. Lucy”; she will ask her friends at the shelter and get you an answer. Be sure to check out the “Lesson Plans” section while you are on the page.**