

Info shared by Pitbull SA.

Manjaro APBT kennel.

South Africa.

My Website <http://www.pitbullsa.co.za/>

My E mail "manjaro@pitbullsa.co.za"

My Facebook "Gawie Manjaro"

My Facebook page "Manjaro Kennel"

My mobile +27827838280.

Zello.com "VoIP" – ask for info.

Feeding and exercise goes hand in hand.

Feeding Guideline

Of expected weight at age

7-10 weeks old = 10%

10-16 weeks old = 8%

16-20 weeks old = 7%

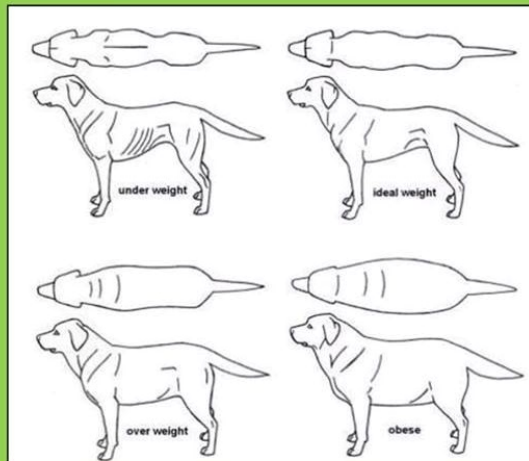
20-24 weeks old = 6%

24-36 weeks old = 5%

36-56 weeks old = 4%

56-68 weeks old = 3.5%

68 weeks + = 2-3% (adult maintenance)



What to do if you have an overweight dog.

The dog is overweight if ribs are difficult to feel under the fat, stomach sags, back is broad and flat and the waist is barely visible or absent.

Those extra few kg do more than provide extra fluff- it places unnecessary burden on their joints it over tax the organs function place the dog at high risk for:

Osteoarthritis, type 2 diabetes, respiratory disorders, Hypertension (high blood pressure), Heart disease and many forms of Cancer.

Feeding.

Dogs have a strong need for affection.

The normal reason dogs overeat is that the dog owner use food as an easy way to show their affection.

This adds to their weight gain and all the other associated problems.

In addition to over-feeding, over-treating and under-exercising and therefore slightly overweight dogs are becoming the new 'normal'.

More and more Veterinarians will agree that 44% of their regular dog's patients were overweight – when just 17% of dog owners would have considered their dogs overweight.

That means only 40% of overweight dogs have owners who, first, recognize there is a problem with their dog's weight, and can take necessary, life saving measures.

Work the dog – exercise.

Using food as a means of reward or work for food before a meal trains your dog to seek food for affection.

Therefore, fill their need for attention with active conditioning of the body, leash work, drag walking, treadmill, dragging and playing chasing the ball or lure games –

this goes hand in hand with parsing and petting for accomplishments.

Habits are hard to break, so looking at some methods to help you get the dog into an organized routine.

First, it's important not to starve diet your dog.

Significantly reducing the amount of food they're consuming may create some nutritional deficiencies.

It's important to now feed your dog a high quality, high in protein, low fat and carbohydrates diet consisting of a wide variety of whole, fresh and unprocessed ingredients, ideal for maintaining lean body mass in more active dogs.

If you're ultimate goal is to prevent disease, starting today ... what the dog eat and you feed today becomes the foundation of the future of your dog.

There is no better way to sustain health than by combining an optimal diet with daily aerobic fat burning exercise.

If you are training a dog, you can use meat treats or vegetables such as baby-carrots, broccoli, celery, and other crunchy healthy treats which is high in protein and low in fat with virtually no carbohydrates.

Remember that a tired APBT is a happy dog.

You should strive for at least 30 minutes of brisk activity per day and maybe one in the morning before feeding and one in the evening before feed time.

Do not leave food out all day.

Set a schedule and a location to eat.

One meal per day (or two halve meals to equal to one) is all that a dog needs.

Also, one day each week with no food – this will help burn excess fat which they have stored in their bodies (Sundays work best because then everyone usually are at home – for you to control).

Dogs are trained in behaviour.

If they beg at the table and someone gives them food, they learn that begging results in getting what they want.

To help change this pattern feed your dog before you eat and keep them in another room or in the yard or kennel while you have dinner.

After, take them out for a constructive exercise.

Put your foot down nobody must feel "sorry" for the begging dog and give them "just a little something" and this will slow down or prevent your dog's weight loss, especially if that "little something" is every day.

Meet as a family to discuss the need for changes in your dog's diet and how your animal will be affected if you don't.

This will help everyone understand why and help them keep the new rules.

Exercise.

The enthusiasm for new changes might cause over doing exercise at first – by you and by the dog , but it is important to work to a well thought out schedule and stick to it – don't skip a day.

Start gradually, by just walking the dog - just a 10 – 20 min twice a day.

This will be sufficient at first and then you can slowly increase their activity.

This will also give **you** the opportunity for a workout.

Realize dogs and wolves in the wild never just walk, they continuously jog and can move up to +-25 km a day – this is natural and should not be seen as heavy exercise, but as needed movement to tone the body.

Encourage your dog to move around the house and yard with you.

Frequent movement throughout the day is essential.

If you take your dog out for a hard run to get him "in shape" it might do more good than harm.

Start slow, especially when no exercise has been implemented in his routine before.

Another method to get movement is by playing games with your dog.

As your dog increases in strength and endurance playing fetch, is will be fun for the dog and helps them get in more activity.

This is especially important if the weight loss is significant.

Loving your dog is doing what is best for them. Increasing their activity and reducing treats and table scraps will help them become their ideal weight.

Your dog will move easier and breath lighter and you can sleep better knowing their health is on the right track.

Maintaining healthy weight in dogs should be the goal once your dog is on tract.