



Tips for hitting your Dogs Target Weight Range

Have a Target Range – As mentioned previously a dog's weight will fluctuate on a daily basis and as such it's a good idea to have a weight range that you are aiming for. As an example if you have a Labrador the target weight range might be 24 – 25kgs but if you have a Pomeranian it might be 2.5 – 3kgs.

Feed Times and Amounts – Assess when and how much you feed your dog. Most owners feed their dogs a large meal at night and maybe a small meal in the morning or nothing at all. Change this around and feed the larger meal in the morning and give them just a snack at night. This way the dog can use that energy during the day instead of sleeping on a large meal at night that will turn mostly to fat. Rethink treats – does your dog really need them? A lot of overfeeding comes from a sneaky biscuit here and a little treat there – the dogs do love it but in the long run its not good for those that are already carrying too much weight. Apples and carrots are a great healthy snack option.

If you are trying to put weight onto your dog then ensure you are feeding a good quality food with the correct fat to protein ratio. These dogs may need more food both in the morning and the evening.

Like with all aspects of your dogs health and behaviour we are always here to help, so if you have any questions then feel free to ask.

Dog	Arrival Weight	Departure Weight	Ideal Weight Range	Suggestions

DON'T FORGET – when your dog returns home from their holiday they will be tired so LET THEM REST. It is not uncommon for guests to sleep for 2 days after returning home. After a good rest you can ease them back into their home routine.

we love
DOGS
Kennel Resort



Weight Loss / Gain in the Boarding Environment

Customer Information Sheet

60 Smiths Lane Pearcedale VIC 3912

Ph: 5978 5831

WeLoveDogs.com.au



We Love Dogs Kennel Resort
60 Smiths Lane, Pearcedale VIC 3912
Phone: 03 5978 5831
WeLoveDogs.com.au

Weight Loss / Gain in the Boarding Environment

The boarding environment is a highly stimulated environment. Most dogs in their home environment spend the day lounging about and not expending too much energy. They may go for a walk in the morning and maybe one in the evening but during the day while their family are at school or work they spend the day relaxing!

Conversely when a dog comes into the Boarding / Day Care environment its day is filled with activity and interesting things to see and do. With a day full of activity and excitement many dogs can experience some weight loss.

For many dogs this is not a bad thing. Excessive love via food (you may think of them as treats) and reduced exercise due to busy family schedules sees many dogs carrying more weight than they should. This can be seen in the increases in weight related health issues such as diabetes and arthritis being diagnosed in much younger dogs. Carrying too much weight can cause long term health issues that are detrimental to the dogs quality of life and longevity.

What you can expect at We Love Dogs Kennel Resort

Consultation – When you drop off your dog we will discuss your dog's weight with you and ask if you have an ideal weight range for your dog. You may have information on this from your Vet or your own experience. We are also happy to provide information on your dog's ideal weight as we get to know them.

Weight Checks – All guests are weighed on arrival and departure at We Love Dogs. We also weigh guests through out their stay if they are:

- With us for an extended period
- Are a breed or dog that has high energy or is highly excitable
- Are a breed or dog that is highly anxious
- If we are working with the owner to achieve a certain weight outcome

Feeding Requirements – At We Love Dogs we feed most guests twice a day here and usually a little more food than they would get at home due to the increase in energy expended. We do however have some guests that require more or different sized meals per day, such as puppies and dogs with medical issues. Like with all aspects of care at We Love Dogs, the number of meals and the size of meals are based around the dogs individual needs. This regiment and even the type of food may change during the stay to achieve the outcomes we discussed with you. When your dog is returned to you we will let you know how we went towards achieving those outcomes on their Holiday Postcard.

Weight Loss / Gain needs to be considered in the Dogs overall health

Weight Loss – The amount of weight lost or gained will be very dependent on the dog and their individual behaviours. For dogs that arrive to us overweight, the weight reduction option in boarding is a great way to kick start a new feeding plan for your dog, which you can continue on getting home. Sometimes the hardest step can be to get started! We will happily provide tips on how you can continue to achieve your dog's target weight goals when you get home.

Weight Gain – Gaining weight can be particularly challenging, especially in a highly stimulated environment. We do have some foods

that we can use to work on this however what you will find is that maintaining their weight in this environment will be our objective and providing you information on how you can help them to gain weight when getting home will have much greater chance of success.

Daily Changes – in all environments, even the home environment, dogs weights will fluctuate on a daily basis. If you are weighing your dog to monitor their progress then remember to do so at about the same time each day. Their weight can change if you weigh them before or after eating or toileting. Remember this when comparing numbers. Below is a table that you can use as a guide for expected weight changes both at home and in boarding for a normal feeding program.

Dog Size:	Regular Daily Weight Change	Possible Weight Change in Boarding / Day Care (Highly Stimulated Environment)
Tiny Dog 2 – 4kg	100 – 200g	200 – 600g
Small Dog 4 – 10kg	200 – 600g	400 – 800g
Medium Dog 10 – 20kg	500 – 800g	500g – 1.5kg
Large Dog 20 – 40kg	800g – 1kg	800g – 2.5kg
Giant Dog 40 – 90kg	800g – 1kg	1kg – 3kg

Visual Assessment of Your Dogs Weight

Weighing your dog is not the only way to assess your dog's weight. Simple visual assessment can help and is quick and easy – provided you take off your rose colored glasses.

For the target of IDEAL WEIGHT – you need to look at the dog from above when they are standing on all four legs. You should be able to clearly see their ribs, waist and hips without seeing bones. This is general advice and may vary for some breeds.

