

RESOLUTION SOLUTION

- HAPPY NEW YEAR -

paw-picked resolutions for a healthy, happy new year!

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Our four-legged friends may be perfect in our eyes, but there's always room for improvement (just don't tell the cat!). With just 8% of two-leggers successfully achieving their own New Year's resolutions*, our guess is that the figure for four-legged friends isn't much better. To help set paws on the right path, Dr. Jules Benson suggests three resolutions to help make this year happy and healthy for the whole family.

Since your pet can't pick up a pen, put your own paws to work by helping to fill in resolutions for tackling fitness, food and fun. Read the following tips, get your furry friend's barks and meows of approval and then enjoy personalizing each one!

1

a new leash of life



Dr. Benson says: "Exercise doesn't have to be ruff — a brisk 30-minute walk each day is a great start for any pooch (and pet parent, as well!). Not only does regular exercise help prevent disease and alleviate anxiety, it's the perfect way to bond with your barking buddy! If you have a feline friend, she doesn't have to miss out on the fun. Unleash her inner hunter by tossing a toy during your own warm-up routine."

My Fur-bulous Fitness Rule of Paw for this year is: _____

tip: Free apps like Wooftrax and Resqwalk track the speed, distance and duration of your walk, to keep you and your exercise buddy on track. Plus, these apps will turn your steps into donations for a local animal shelter!

2

food for thought



Dr. Benson says: "Resolving to eat healthier in the New Year? Don't forget about your pet's pounds (or ounces!), too! Even when Fido or Fluffy is longingly looking up at you from under the table, remember that treats should make up less than 10% of your pet's daily calories."

My Nutritious Noshing Rule of Paw for this year is: _____

tip: Whole food snacks like apple slices and baby carrots are a great alternative to store-bought treats that can be packed with calories. For feline friends, try offering slivers of cooked wild salmon or tuna. These fishy favorites are packed with healthy omega-3 fatty acids.

3

knowledge is power



Dr. Benson says: "An annual wellness visit to the veterinarian is just what your four-legged friend needs. By seeing your pet each year, your vet can address any health concerns early, keep vaccinations up to date and ensure your 'fluffy' pet is maintaining a healthy weight."

My Wagworthy Wellness Rule of Paw for this year is: _____

tip: Did you know most pets over the age of 7 are considered seniors? These furry friends should visit the vet twice a year for check-ups to keep on top of any emerging health concerns.