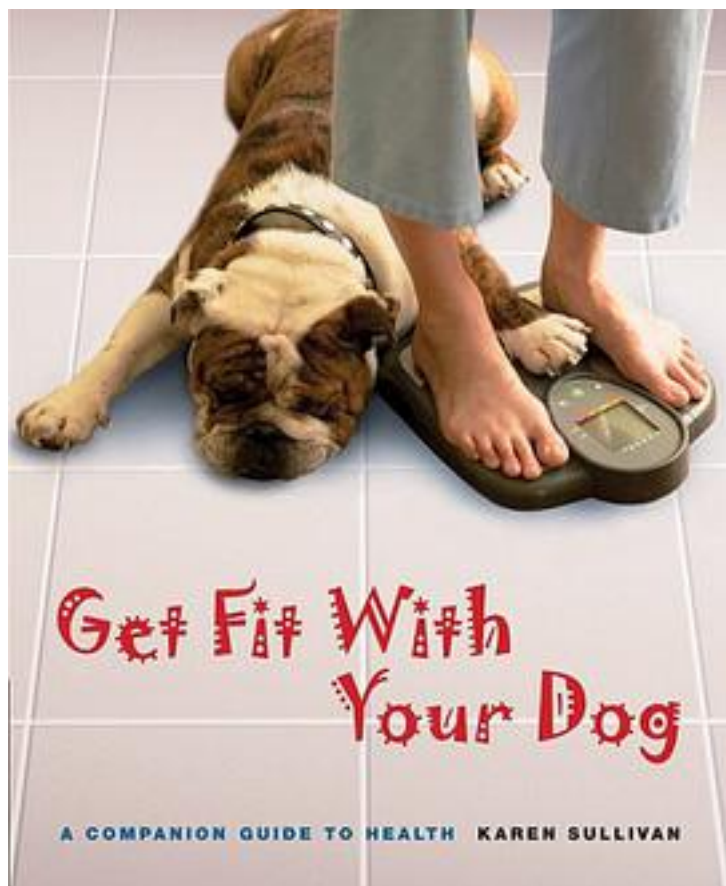


Get Fit with Your Dog



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In recent years, obesity has become a nationwide problem among human beings and also among dogs. Here is a helpful guide for dog owners who need to control both their weight and the weight of their chubby canine friends. Overweight dogs and overweight humans are prone to strikingly similar health problems, including heart disease, high blood pressure, diabetes, and reduced longevity. Author Karen Sullivan

helps readers rate themselves with a Food and Fitness Questionnaire. Then she outlines a fitness regime for both master and dog that concentrates on healthful and enjoyable exercise together and sensible restriction of calories at meal times. She points out the danger of dog owners who love their pet too much by giving them too much food and too many treats. Just as important is her advice on how dog and master can be both happier and healthier as they get fit together. Approximately 150 color photos, charts, and sidebars.

作者介绍:

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