

Using Enrichment Toys To Support Weight Loss

Weight management is an important part of a dog's overall health. Healthy diet and regular exercise are key factors for weight management. Canine obesity is an all-too-common medical condition that can result in serious health implications for a dog.

Addressing this sensitive topic with clients can at times prove challenging, as owners are often quite unaware that their pet is carrying excess weight. In one market research study, veterinarians estimated that 47% of their patients were overweight or obese – while only 17% of owners held a similar observation about their dogs. Lack of dog-owner perception and education is one of the underlying obstacles in maintaining a healthy canine weight.

As with humans, weight loss can be achieved through dieting and exercise. Unless unhealthy owner habits are permanently changed (i.e. avoiding excessive treating, insufficiently exercising their pet), weight management will fail in the long run.

The Healthy Path to Weight Loss

- Adopt an exercise routine
- Reduce calories by limiting current food or changing to a diet food
- Choose healthy, low-fat treats and eliminate free-feeding
- Feed two to four smaller servings throughout the day
- Consider the use of slow feeders and food-dispensing toys to increase activity, deliver controlled portion size and entertain the dog

Food Dispensing Toys

Feeding from the KONG® Classic or Wobbler not only slows eating, but provides a satisfying physical challenge.

The KONG® Wobbler presents an excellent alternative to traditional bowl feeding and it makes feeding the recommended two to four smaller servings fun and easy. By slowing down and extending the joy of mealtime, the Wobbler will keep hunger under control. It also prevents the unhealthy gulping and rapid eating that can lead to other digestive problems like bloat.



KONG® Classic can be filled with food and frozen to extend the challenge. Using multiple food filled KONG Classics will extend feeding time and make a small portion of food go a long way to keeping the dog occupied for prolonged periods.

Alternatively, food dispensing bowls like the new KONG® Tiltz provides an additional option for food dispensing enrichment.



Play Toys

The erratic bounce of the KONG® Classic makes games of fetch new and exciting each time, keeping a dog engaged in healthy physical activity.

Play has countless benefits for dogs, including providing exercise. Adding a diverse range of toys to a dog's routine prevents boredom and taps into natural play instincts.

KONG® manufactures a variety of interactive toys that encourage movement and exercise through play.

Enrichment and play can be complimentary to any weight loss program, helping your client's dogs to maintain a healthy weight, while having fun along the way.



Article supplied by Rachael James on behalf of KONG® Company Pty Ltd