

# 10 TOP

## RESOLUTIONS FOR HEALTHIER, HAPPIER PETS

- 1 Find ways to add enrichment to your pet's life.** Support instinctual behaviors such as exploring, hiding and chewing with puzzle feeders, interactive toys and nose work games.
- 2 Get your pets moving.** Aim for at least 30 minutes of activity a day. Try a new walking path, play fetch, or introduce a laser pointer for your cat.
- 3 Try a new activity together.** Spice things up with flyball, agility courses, swimming, or doga (dog yoga.) Cats can learn new tricks too!
- 4 Lose weight.** More than half of America's dogs and cats are overweight, subtracting years from their lives. We can help you create an individualized diet and exercise plan.
- 5 Take care of your pet's pearly whites.** Dental disease affects 70% of cats and 80% of dogs by age 3. Aim to brush at least 3 times a week.
- 6 Have your pet microchipped.** 1 in 3 pets will get lost during their lifetime. A microchip is a lost pet's ticket home – but make sure it's registered and up to date.
- 7 Don't skip your pet's annual or bi-annual checkups.** Regular visits can help us uncover hidden issues – even if your pet appears healthy.
- 8 Create an emergency preparedness plan.** See [ready.gov/pets](https://www.ready.gov/pets) for what to include so you're ready if disaster strikes.
- 9 Pamper your pet!** Regular grooming has a variety of health benefits.
- 10 Check into pet insurance.** Accidents and illnesses can happen anytime. Give yourself peace of mind with a policy to fit every budget.

