



www.k9weightchallenge.com

Dear Veterinary Colleague,

The K9 Weight Challenge is a veterinary-led weight loss coaching program, which educates and supports owners in helping their dogs lose weight.

The K9 Weight Challenge helps owners recognise household habits and behaviours that contribute to their dog's weight gain and teaches owners how to make positive change. We equip owners to help their dogs achieve long term weight loss success.

In addition to household management our program revolves around:

- restricting calorie intakes in-line with the individual dog's healthy target weight*
- providing activity programs comprising of low impact joint-friendly exercise
- educating clients in the benefits of maintaining their dog at a healthy weight

We provide several activity levels with our Level 2 (beginner program) -being suitable for brachycephalic and morbidly obese dogs. Our Level 3 program (intermediate level) is suitable for the majority of overweight and obese dogs. In instances of severe disability e.g. Dogs due joint surgery pending weight loss and for dogs with severe respiratory issues, we offer a baseline activity program Level 1- where exercise is not required to support weight loss. This program instead focuses on increasing incidental activity levels without the need for dedicated walking and is run in conjunction with a specially restricted intake.

Our programs provide a steady introduction to regular activity and commence with short exercise sessions (e.g. 2 x 10 minutes) which gradually build over the 12 weeks. We pride ourselves on facilitating safe and sustainable dog weight loss.

Today's Consultation:

Prior to program commencement we advise all canine participants visit their veterinarian for a general health check. This is to assess for any co-morbidities that may be impacting on the dog's health or current weight.

We also request a current weight and the provision of a healthy target weight *estimation* for participants.

- ✓ General health check-up (and further tests as required)
- ✓ Current weight
- ✓ Provide target weight estimation (ideal healthy weight to aim for)

Please note The K9 Weight Challenge is not suitable for: healthy weight dogs, pregnant or lactating dogs, dogs aged less than one year old (or less than 18 months if a giant breed) or for dogs with health conditions for which caloric restriction is not advisable.

Your assistance today is greatly appreciated. We look forward to supporting your client's dog on a successful weight loss journey.

Yours Sincerely,



Dr Charlotte Williamson BVSc MPHTM

P.S- If you feel you have other patients who would benefit from our program please direct them to our website www.K9weightchallenge.com .

In addition to our coaching programs our website provides free weight loss resources and information, available for your client's use!

*Our weight loss protocols are in accordance with the 2014 AAHA Weight Management Guidelines for Dogs and Cats.

For Owners Records

Date:

Body Weight (Current weight):

Healthy Target Weight Estimation:



**K9 Weight
Challenge**
Release the Superdog within!