



Transforming Lives



**1 in 3 pet parents do not recognize  
their pet's weight issue<sup>1</sup>**

Start the weight conversation today.

<sup>1</sup>2022 Pet Obesity Study. Association for Pet Obesity Prevention.



# let's get started



- Would you describe your pet as active?
- How would you describe your pet's energy level — more like a hummingbird or a snail? Or somewhere in between?
- Does your dog still get excited to play outside with you?
- Is your cat still interested in toys?
- Is there anything you and your pet used to do together that you miss?
- When you're playing, does your pet need time to rest?
- Who walks faster — you or your dog? Who jumps higher?
- Are there any new tricks you'd like your pet to learn?





# snack comparisons

10-pound cat

vs. average person\*

1 ounce of  
cheddar cheese



= 3½ hamburgers



1 cup of milk



= 4½ hamburgers



3 Metabolic treats



= ½ apple



\*Based on human 2000 kcal/day diet





# snack comparisons

20-pound dog

vs. average person\*

1 ounce of  
cheddar cheese



= 2½ hamburgers



1 tablespoon of  
peanut butter



= 2¼ hamburgers



3 Metabolic treats



= 1 apple



\*Based on human 2000 kcal/day diet

# exercising your dog

Check with your vet to ensure that increasing exercise in these ways is appropriate for your pet!

## **Go for a walk**

Switch it up by going places with different kinds of terrain, benches to balance on or logs to jump over.

## **Play fetch**

Try it on a hillside or stairs for extra intensity.

## **Make a “dogstacle” course**

Place fitness steps or other items in the backyard and walk your dog through at a quick pace.

## **Climbing stairs**

Healthy for your dog’s leg muscles — and yours!



# exercising your cat

## Toys

A fun toy will encourage your cat to get moving.  
Buy from a pet shop or make one yourself.

## “Hunting”

Put a few kibbles in different spots each day  
and bring out your cat’s inner hunter!

## Catch that light

Shine a flashlight on the floor and walls, and watch your cat go!

## “Boxing”

Give your cat a box to play in and see what happens next.



# Metabolic helps pets achieve their healthy weight

- 88% of pets lost weight at home in 2 months\*
- Clinically proven nutrition to help pets naturally lose weight by activating their metabolism
- Stimulates their natural ability to burn fat
- Unique blend of fiber helps keep pets feeling full and satisfied



\*Data on file.

# variety is the spice of life

Feed Metabolic and you'll never deprive your pet of rich flavors, hearty stews or tasty treats



**RICH FLAVORS**



**HEARTY STEWS**



**TASTY TREATS**





# treat your pet

## with Hill's Prescription Diet Metabolic Treats

Prescription Diet  
Metabolic Treats:\*  
38 kcal / treat for dogs  
1 kcal / treat for cats



\*Specially formulated to accompany your pet's Hill's Prescription Diet Metabolic food and are compatible with all weight loss diets; though higher in calories, these treats have the same synergistic blend of ingredients as the food and support healthy weight loss.

# other healthy treat options

It's okay to give treats on special occasions, but not often. Treats should not account for more than 10% of the pet's diet.

In addition to **Hill's Prescription Diet Metabolic Treats**, these healthy options are a great way to treat your pet with human food on occasion.



## FRUITS

Apple slices (core and seeds removed): ~5 kcal / slice  
Blueberries: < 2 kcal / berry  
Banana slices: ~15 kcal / slice  
Cucumbers: < 2 kcal / slice



## VEGGIES

Green beans: < 2 kcal / bean  
Baby carrots: 4 kcal / carrot  
Broccoli florets: < 2 kcal / floret  
Fresh, shelled peas: ~2 kcal / pea



## SAVORY

Boiled, skinless chicken breast, plain, no bone: 26 kcal / 1/8 cup

# foods to avoid



Grapes  
Raisins  
Chocolate  
Avocado  
Cherries  
Onions  
Garlic  
Salty snacks  
Macadamia nuts  
Artificial sweeteners  
(especially *xylitol*)



# extra steps for weight loss success

with Hill's Prescription Diet weight products

---

## Keep tabs on treats

Extra treats can lead to extra pounds. Just a few ounces of cheese could be a whole meal's calories!

## Get your move on

Turn exercise into fun by taking your dog for a walk or playing with your cat.

## Treats don't have to be food

Spoil your pet with a new toy, snuggles and games.



# pet parent approved!



“Our cairn weighed 32 pounds last winter. Now down to 22. She’s more active and athletic and jumps around with ease. No people food ever ... just Hill’s [Metabolic] and a few treats ... dog loves the stuff.”

– Dog Parent, Minneapolis, USA 2019

*hillspet.com*



“I got my cat 11 years ago. He was 14lbs when I got him at about 2 years old. Within a year he got up to 19lbs, just by me feeding him the recommended amount on the back of the cat food package. I tried wet food, dry food, and he wouldn’t get below 16lbs. 2 years ago I tried Hill’s Metabolic. When he went for his vet visit a year later, he was 14.5lbs.”

– Cat Parent, Chicago, USA 2021

*hillspet.com*





Transforming Lives



**SCIENCE  
DID THAT.**