An easy way to check your pet’s weight

Your pet is healthiest when it is not too fat or too thin. This guide will help you to judge if your pet is the correct weight.

**Too Thin**

Make a fist and run your fingers lightly along the knuckles. If your dog’s ribs feel like this, it means your dog is too thin.

Being too thin means the dog will have a hard time staying warm in the winter and having the energy to work or play.

**Fat not Fluffy**

With your palm up and fingers extended, feel the base of your fingers. If your dog’s ribs feel like this, it means your dog is too fat.

Being too fat puts a strain on all body systems including the heart and lungs. Your dog needs less food and more exercise.
**Fit and Trim**

With your palm down and your fingers extended, feel the top of your knuckles. If your dog’s ribs feel like this – congratulations – you got it right!

At ideal body weight a dog has an obvious tucked-up belly and you can see a clear waist when you look at the dog from above.