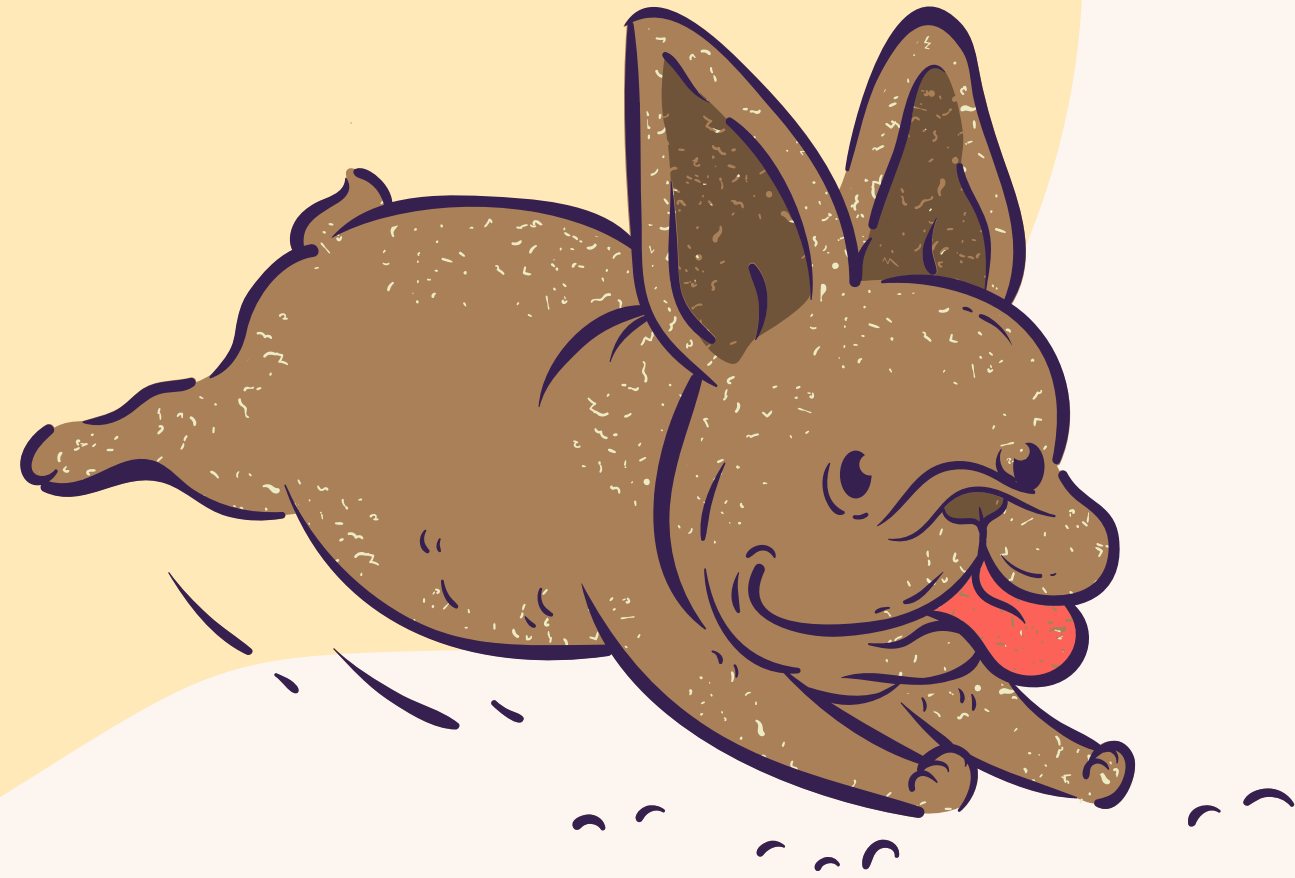


OBEsITY

CAUSES, PREVENTION & CARE

WITH SHRUTI DHAWAN

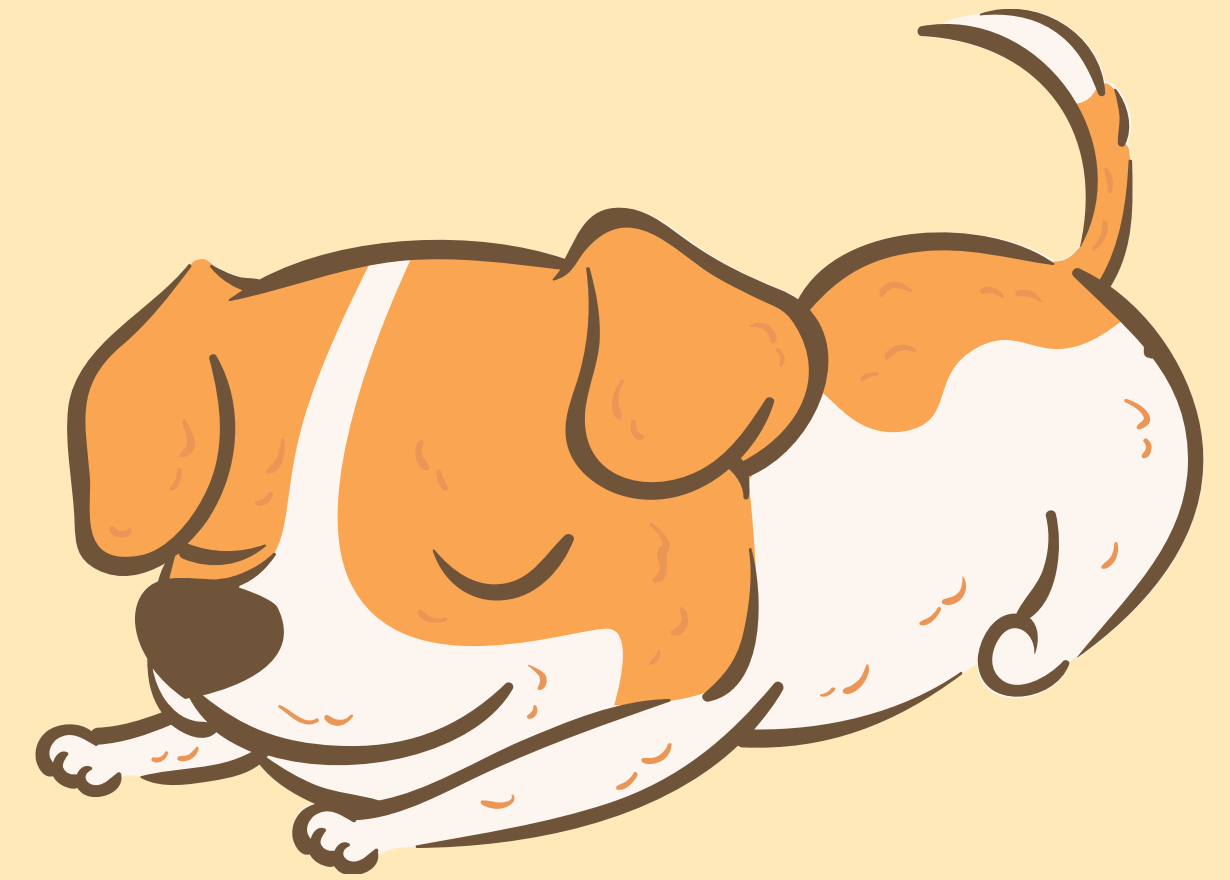


WHAT IS OBESITY?

Obesity is a complex disease involving an excessive amount of body fat.

It's a medical problem that increases the risk of other diseases and health problems

OBESITY CAN LEAD TO ..



01

heart Problems

02

respiratory issues

03

weakness in bone and joints

04

diabetes

05

high blood pressure

06

skin problems

07

lethargy, laziness

08

mood problems

CAUSES

01 Breed & Genetics

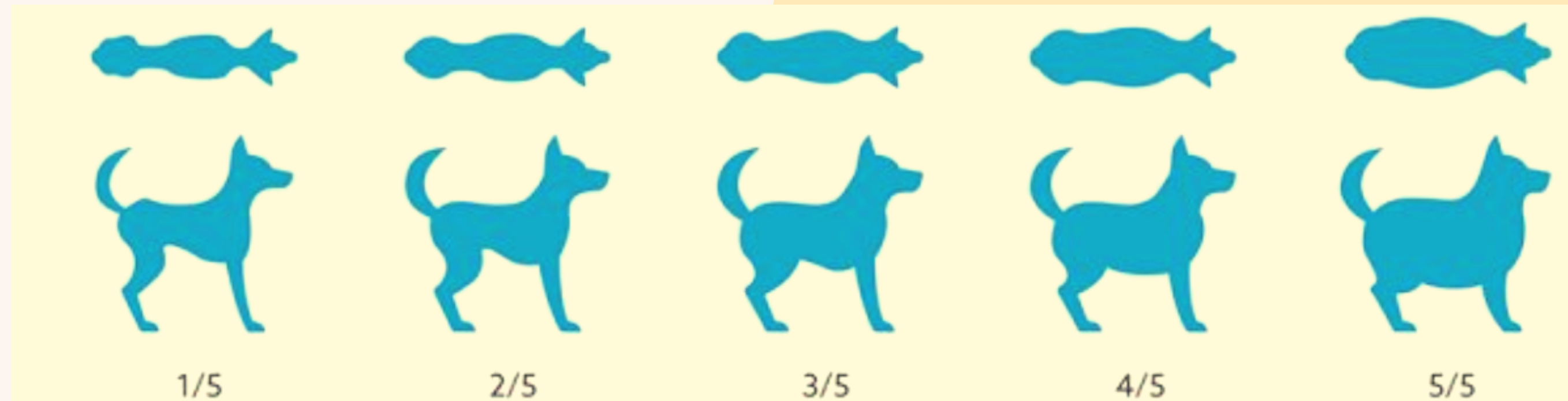
03 Improper Diet

02 Neutering

04 Reduced Stimulation



EARLY SIGNS



BODY CONDITION SCORE

- Laziness
- Fatigue
- Excessive panting
- Withdrawal.

COMMON MISTAKES



- Good boi get ton of treats
- Table scraps

- Following same diet pattern
- Irregular feedings



COMMON MISTAKES



- This Dry food Suits my dog, doggos loves it too.
#forever food

- Cancelling walks and play time



PREVENTION

DIET

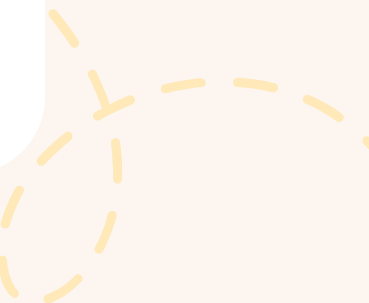
- Single-ingredient treats
- Rotational diet
- Healthy Carbs
- Not all Commercial foods are bad

EXERCISE

- Walk
- Running
- Physical and mental stimulation

LIFESTYLE CHANGES

- Behavioral change
- consider calorie
- Slow eating
- Consistency
- chewing food





THANK
YOU

SHRUTI DHAWAN

