

WALTHAM SHAPE GUIDE



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Ensuring your cat maintains a healthy body weight is essential to their short-lerm, and long-term, well-being. It benefits her overall quality of life whilst also helping to reduce health risks for a long and happy life.

To help, here is a simple shape guide to regularly assess your cat. Without applying pressure, run your fingers against the direction of the coat. Can you easily feel the ribcage? LEAN Doing the same again, can you easily feel the spine? Your cat is at the low end of the ideal range with less than normal body fat. Now, applying a little pressure, can you feel the outline of the ribs? NO Recommendation: Increase food by a small amount. Monitor monthly using this guide and seek veterinary advice if no change. Lightly, run your fingers against the coat. Can you easily feel the shoulder blades and hipbones? Is there a layer of fat covering the ribs? Smoothing the coat, run your hands along the sides. Can you feel the indentation of the waist? EXTREMELY THIN IDEAL Your cat has an ideal amount of total body fat. Your cat has a very small amount or no total body fat. Your cat has only a small amount of total body fat. Recommendation: Recommendation: Monitor monthly using this guide and get checked by the veterinarian at your next visit. Recommendation: Seek veterinary advice promptly. Seek veterinary advice to ensure your cat gets the appropriate amoun of food. Reassess using this guide every 2 Does the cat have a flabby belly? Does the cat have health or movement problems? MILDLY MODERATELY SEVERELY OVERWEIGHT OVERWEIGHT OVERWEIGHT 7-35 775 Your cat has a large amount of excess total body fat that is affecting its health and wellbeing. Your cat is at the upper end of the ideal range with a small amount of excess body fat. Your cat has an excess of total body fat. Recommendation: Seek veterinary advice to safely implement an appropriate weight loss plan, including increasing activity levels. Reassess every 2 weeks using this guide. Recommendation: Seek veterinary advice promptly to introduce a weight loss plan, increase activity levels and improve health. Recommendation: Recommendation: Seek veterinary advice to ensure your cat is fed the appropriate amount of food and try to in-crease activity levels. Avoid excessive treats and monitor monthly.

NB: Some breeds and different life-stages may have different ideal S.H.A.P.E scores. Consult your veterinarian if you are unsure.

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