



*5 Simple Ways  
Guaranteed To Make Your  
Pet Happier & Healthier  
In One Hour A Week Or  
Less*

We all care about our loveable four legged furry friends and want to do everything we possibly can to make them feel better and look better so that their life is just that little bit better everyday, right? We know that life gets busy, so we have developed a list of 5 simple things you can do to make your best furry friend feel happy and look better and if you do them all, it can take less than an hour a week.

### **1. Rotate their Toys**

Just like people, your pets get bored with the same old, same old. You've probably noticed that after a while toys are left lying around the house or yard and aren't getting much, if any, attention. So, once a week, spice it up for furry four legs and rotate toys. This doesn't mean you need to go out and buy new toys every week but rather replace what's out with 2 existing toys. We suggest having 8 different toys, so over the course of four weeks they get to play with every toy. Your pet will not only have more fun playing with different toys each week but they will also benefit from the extra stimulation and exercise.



## 2. Teach them New Tricks

Actually you can teach old dogs new tricks and younger dogs and cats for that matter as well! Why not spend 5 minutes each day teaching your dog to 'shake' hands, 'fetch', or 'get your lead' for a walk or teach your cat to 'sit', 'fetch' or stand 'up' on their hind legs.



To teach new tricks you need to consistently use the same word for the command and use small treats as rewards each time your clever pet gets the trick right. We also find that matching hand movements and tone of your voice can be valuable to training. Remember it will take time but with consistency, patience and small rewards you'll take great delight when your favourite canine or feline gets it right and even greater delight when they can do it over and over again. Be sure not to use treats too liberally and overtime reduce the treats to the point that they are no longer required.

## 3. Play with Them More

Dogs get bored, (even if they're older) and cats love to play so why not find a few minutes every day to make your furry companion both happier and healthier by playing more. There are any number of ways to play more with your dog or cat. Here are some examples:

### *For Dogs*

Fetch the ball, (not sticks which can be harmful to your favourite pooch)

Catch the Frisbee

Find the food, (hide small food treats)

Tug of war with a strong rope or rope toy

Jump over, (small obstacles such as garden bench seats or something lower for smaller dogs)

Always be sure to never put your dog in any danger or be too rough when your playing.

### *For Cats*

Chase the toy or ball, (using small soft toys or balls)

Catch and pull, (using a small diameter rope, wool or string or a ball on a string)

Hide and seek, (with small boxes)

Find the food, (using a cat food ball)

Scratching, (using a scratching post)

Remember never force your cat to do anything and always be sure to put toys with string away so that there is never any danger to your cat.



#### **4. Talk and Hug**

Praising your best friend with words, cuddles, pats, scratches, massage and hugs is a great way to build and maintain a healthy relationship that will definitely make your pet feel safe, calm, secure and loved. Dogs usually love having their ears scratched, but you can also try on their back just near the tail, along their muzzle or gently in between their eyes onto the bridge of their nose.

Cats can be more particular, as you probably already know, but the biggest rule of thumb is to stroke in the direction their fur lies and watch for their body language as to when they want petting attention. If they nuzzle up to you that is a good sign they would like your attention. Generally, the top of the head, between their ears and down the back of the neck are places most cats love to be petted. If they lean away from you, start twitching their tail or meowing, take these as signs that they either don't like it or have had enough.

All animals are individual, so take the time to get to know your pet, understand their body language and what they do and don't like.

Petting can be done anytime and anywhere and it doesn't have to be for any particular reason like good behaviour or when you're training them or teaching them new tricks but rather just to show how much you love them and care for them which will make them feel extremely comfortable. Spending even as little as a minute or two at the start and the end of the day verbally praising and showing physical affection will certainly make them happy and is likely to even make you feel great and loved too. It might even get a bit addictive!

## 5. Invest in Good Nutrition

The Australian Veterinary Association states that:

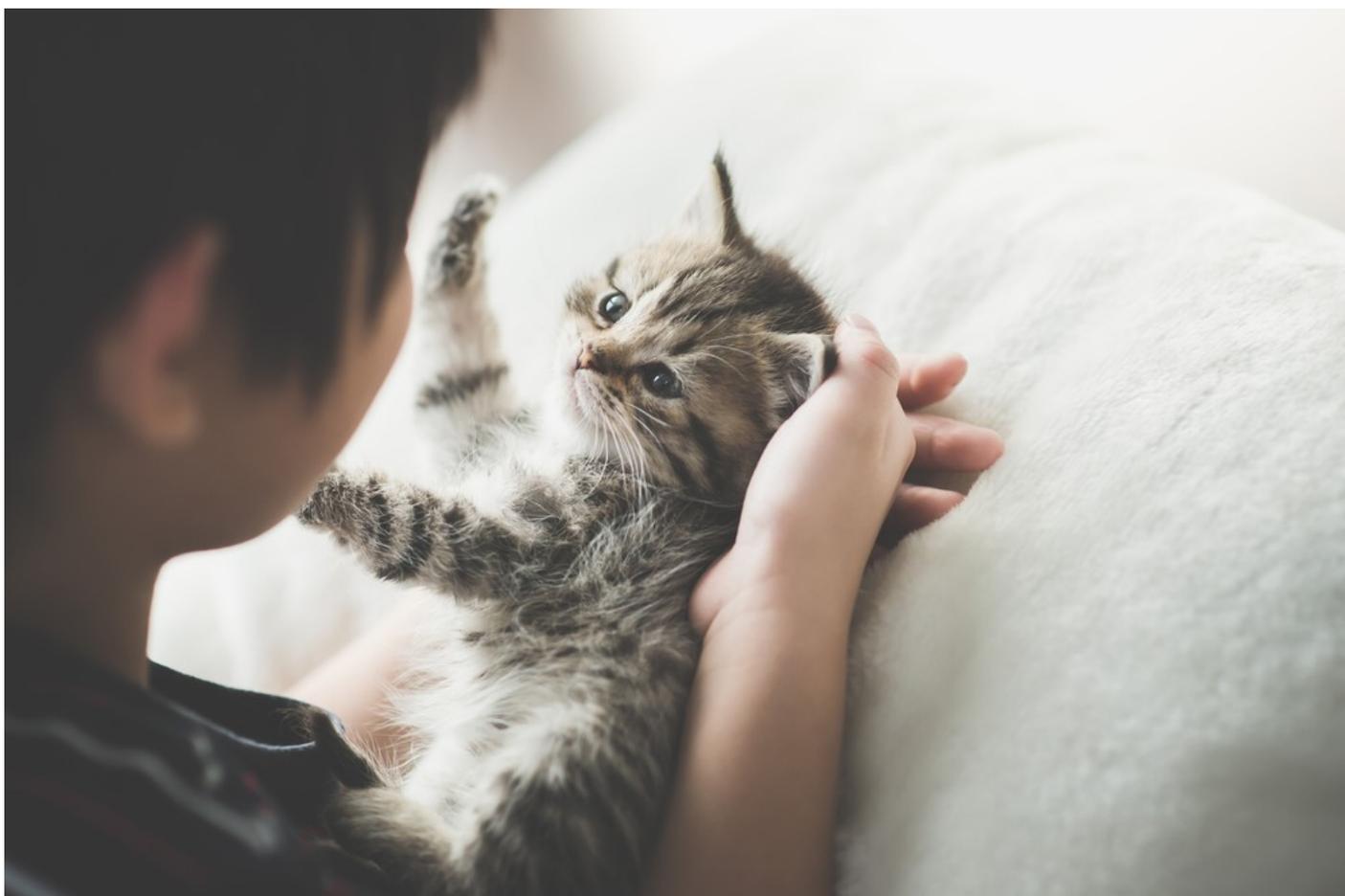
*“The nutritional status of cats and dogs is a very important indicator of their health and welfare and should be assessed by veterinarians as part of a holistic approach to veterinary care.*

*Deficiencies or excesses in calories, vitamins and minerals and potential toxicities can impact on the health of dogs and cats and must be assessed by veterinarians.*

*Obesity is a disease just as debilitating as emaciation and pet owners should strive to avoid diet and body condition related diseases.”*

Dogs and cats need to maintain a healthy weight which will keep them healthier, happier, feeling better and looking better. Excess weight can increase your pets body temperature, limits their ability to exercise, makes them feel uncomfortable and not looking their best, and can lead to increased risk of an array of medical conditions. It is important to make sure you follow the feeding instructions from the pet food manufacturer, or if you make your own, check with your vet how much you should feed. Dogs, in particular often aren't very good at regulating their food intake and will just keep eating.





### *A word on Omega fatty acids and Protein:*

Dogs and Cats need Omega fatty acids, (Omega 3,6 & 9) in their diet to stay healthy. Not all Omega 3 is the same. It is the DHA (Docosahexaenoic Acid) and EPA (Eicosapentaenoic Acid) forms found mainly from marine sources which are more beneficial. The AHA (Alpha-linolenic acid) form found in vegetable sources such as Flaxseed oil and Linseed oil must first be converted to EPA and DHA to be of benefit. Dogs and Cats lack the enzymes to do that efficiently.

Dogs and Cats also need the correct balance of Omega 6 (Linoleic acid) to Omega 3 (Linolenic acid). The problem is they generally get Omega 6 and AHA Omega 3 through their normal food but not enough marine sourced Omega 3 (DHA and EPA)

*SALPET Salmon Oil is a great source of marine based Omega 3 ( DHA and EPA) that Dogs and Cats really need*



**SALPET Salmon Oil** contains on average, 124 mg Omega 3 fatty acids per gram as marine based triglycerides

Long chain Omega 3 fatty acids, (EPA and DHA) found mainly from marine sources can help:

- Support and maintain active and health joints
- Support healthy skin and a soft shiny coat
- Maintain a healthy immune system
- Support brain function and development
- Maintain heart health
- Support eye function



Dogs and cats also need diets that are high in animal protein.

**SALPET Salmon Protein Powder** is a rich source of protein, (69%) making it an ideal feed supplement for pets to help:

- build muscle
- maintain a healthy immune system and
- improve digestion

Also remember to make sure your dog or cat has access to plenty of clean fresh water everyday and ensure you take regular visits to the vet; at least once a year.

**We do hope that you have enjoyed reading our simple ways to make your furry friend happier and healthier and find time everyday to make their life – and yours, just a little bit better.**

***The SALPET Team!***

