With overweight pets, there’s more to love.

But wouldn’t you rather extend his healthy years?

2. Burkholder WJ, Tayler L, Hulse DA. Weight loss to optimal body condition increases ground reactive force in dogs with osteoarthritis. College of Veterinary Medicine, Texas A&M University, College Station, TX, USA: Compendium 2001;23(9A):74.
You love your dog. And if he's getting a little pudgy, you may even think it looks cute.

But the fact is, Purina research proves how important it is to keep your dog lean.

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A landmark Purina® study showed lean-fed dogs lived healthier lives.¹
A groundbreaking 14-year study by Purina researchers showed that feeding dogs to an ideal body condition* throughout their lives can significantly extend a dog’s healthy years - by an average of 1.8 years for dogs in the study. And although the dogs in the study generally developed the same chronic conditions as they aged, the need for treatment of those conditions was delayed by an average of approximately two years for the lean-fed dogs.

**EXTENDED HEALTHY YEARS**

**Study findings**
- Extended healthy years by an average of 1.8 years
- Delayed the need for long-term treatment of osteoarthritis, which was treated at an average of 3 years later
- Had healthier blood sugar levels
- Observed by researchers to have fewer visible signs normally associated with aging, such as graying muzzles and reduced activity at a later age

**Study participants**
- 48 Labrador Retrievers were paired, then randomly placed in two different groups
- All dogs received the same 100% nutritionally complete and balanced foods—only the amount differed
- First completed study to document that feeding to an ideal body condition extends healthy years in mammals larger than rodents

*Lean or ideal body condition refers to the evaluation of body physique in pets as an indicator of their overall health and well-being, generally falling into three categories: too heavy, ideal and too thin.
Study findings

LEAN-FED DOGS

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Another Purina-sponsored study conducted at Texas A&M University showed that when overweight dogs with osteoarthritis returned to optimal weight and body condition with the help of Purina® Pro Plan Veterinary Diets™ OM Overweight Management® Canine Formula, (formerly known as Purina® CNM® Canine OM Formula) they were able to move more quickly and exert greater force on affected legs.

This 2001 research added to the growing body of scientific data that proves ideal body condition promotes health in dogs.

If your dog has osteoarthritis, your veterinarian may recommend Purina® Pro Plan Veterinary Diets™ JM Joint Mobility® Canine Formula to help manage the condition. The unique blend of nutrients in JM include high levels of omega-3 fatty acids, dietary eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), antioxidants and a natural source of glucosamine — all working together to help with joint health and mobility in arthritic dogs.

JM Joint Mobility® also includes a high protein-to-calorie ratio to help your dog achieve and maintain lean body mass for reduced joint stress.
Body Condition System

1. Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance. No discernible body fat. Obvious loss of muscle mass.


3. Ribs easily palpated and may be visible with no palpable fat. Tops of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist and abdominal tuck.

4. Ribs easily palpable, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident.

5. Ribs palpable, without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed from side.

6. Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent.

7. Ribs palpable with difficulty; heavy fat cover. Noticeable fat deposits over lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present.

8. Ribs not palpable under very heavy fat cover, or palpable only with significant pressure. Heavy fat deposits over lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distention may be present.


The BODY CONDITION SYSTEM was developed at the Nestlé Purina PetCare Center and has been validated as documented in the following publications: Mawby D, Bartges JW, Mayers T et. al. Comparison of body fat estimates by dual-energy x-ray absorptimotery and deuterium oxide dilution in client owned dogs. Compendium 2001; 23 (9A): 70. Laflamme DP. Development and Validation of a Body Condition Score System of Dogs. Canine Practice July/August 1997; 22: 10-15. Kealy, et. al. Effects of Diet Restriction on Life Span and Age-Related Changes in Dogs. JAVMA 2002; 220: 1315-1320. 
STUDY PARTICIPANTS

Forty-eight, 8-week-old Labrador Retriever dogs from seven litters took part in the study. The dogs were paired within their litters according to gender and body weight and randomly assigned to either a control or lean-fed group.

FEEDING SCHEDULE

Dogs in the control group were allowed to eat an unlimited amount of food as puppies and a constant amount of food provided based upon ideal body weight beginning at age 3.25 years. Dogs in the lean-fed group received 25% less than the amount eaten by their paired littermates. All dogs ate the same 100% nutritionally complete and balanced diets (first puppy diets, then adult formulations) throughout the study. Only the amount provided was different.

HOW DOGS WERE ASSESSED

Dogs were weighed periodically throughout their lives. Beginning at 6 years of age, they were evaluated annually for body condition using the Purina Body Condition System™, a scientifically validated standard used by veterinarians to evaluate body physique in pets to assess weight and health.

Other health indicators were also measured annually to assess condition and health. Some of these indicators included: glucose use, cholesterol and triglyceride levels beginning at age 4; body fat mass, lean body mass and bone mass beginning at age 6; and insulin use beginning at age 9.
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**HOW DOGS WERE ASSESSED**

**HOW WE CONDUCTED THE PURINA LIFE SPAN STUDY**

Results

Lean-fed Labrador Retrievers who received 25% less food than their littermates in the control group, experienced extended healthy years, by an average of 1.8 years (11.2 years in the control group vs. 13 years in the lean-fed group).

**INCREASED HEALTHY YEARS**

Lean-fed dogs had healthier blood sugar levels, blood pressures and heart rates than control dogs.

**HEALTHIER**

Researchers observed that lean-fed dogs also showed fewer visible signs normally associated with aging, such as graying muzzles, impaired gaits and reduced activity at a later age than control dogs.

**FEWER VISIBLE AGING SIGNS OBSERVED**
Even if your dog is overweight, there’s still time to implement a safe, effective weight loss program with Purina® Pro Plan Veterinary Diets® Overweight Management® Canine Formulas. These specialized formulas contain a high level of protein to help your adult dog lose fat while maintaining lean muscle mass. And, for dietary management of arthritic dogs, Purina® Pro Plan Veterinary Diets® Joint Mobility® Canine Formula provides nutrition to help support healthy joints and maintain lean body mass to help reduce joint stress.

RETURNING TO IDEAL BODY CONDITION

High level of long-chain, omega-3 fatty acids to help support joint health
A natural source of glucosamine to help support cartilage health
High protein-to-calorie ratio to help support lean muscle mass
Low in calories and fat
High in protein to help maintain lean body mass
Natural fiber contributes to satiety
Helps reduce weight gain and fat accumulation (dry)

The Purina Life Span Study revealed the important role ideal body condition plays in your dog’s health. Now it’s up to you to introduce your dog to a healthier lifestyle. Follow these tips to help extend your dog’s healthy years.

1. CHECK FOR OBESITY

Ask your veterinarian for help in recognizing signs of obesity in your dog. Use the Purina Body Condition System™ to see if your dog is too heavy, too thin or at ideal body condition.

2. FOLLOW A NUTRITION PLAN

You and your veterinarian can create a nutrition plan that feeds your dog to his ideal body condition. Refer to the feeding guidelines on your package and adjust feeding amounts as necessary based on your dog’s activity level and body condition change.

3. MEASURE EACH SERVING

Don’t just fill up your dog’s bowl at each feeding. Follow the feeding guidelines on the back of Purina packages to give your dog the proper-size serving for his ideal body condition.

4. LIMIT TREATS

Shower your dog with love and attention instead of too many high-calorie treats, especially table scraps. Be mindful of the quality and quantity of treats you feed each day—calories add up quickly.

5. GET MOVING

Daily exercise is one of the keys to your dog’s health. Just 20 minutes of walking or playing fetch each day can help keep your dog fit. Be sure to check with your veterinarian before changing your dog’s exercise routine.
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Your veterinarian is the best source of information about weight management. Talk to your veterinarian about Project: Pet Slim Down™, a comprehensive weight management program from Purina®. Make your veterinarian’s diet and exercise recommendations a part of your pet’s daily routine, and get ready to love him for more healthy years.

For more information call toll free 1-866-884-VETS (8387) or visit our website at www.ProPlanVeterinaryDiets.ca

2. Burkholder WJ, Taylor L, Hulse DA. Weight loss to optimal body condition increases ground reactive force in dogs with osteoarthritis. College of Veterinary Medicine, Texas A&M University, College Station, TX, USA: Compendium 2001;23(9A):74.

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