



Pet Size-O-Meter

Size-O-Meter Score:

Characteristics:

1	Very Thin			<ul style="list-style-type: none"> • Hip bones, ribs and spine are very sharp to the touch • Loss of muscle and no fat cover • The rump area curves in
2	Thin			<ul style="list-style-type: none"> • Hip bones, ribs and spine are easily felt • Loss of muscle and very little fat cover • Rump area is flat
3	Ideal			<ul style="list-style-type: none"> • Hip bones, ribs and spine easily felt but are rounded, not sharp - Ribs feel like a pocket full of pens! • No abdominal bulge • Rump area is flat
4	Overweight			<ul style="list-style-type: none"> • Pressure is needed to feel the ribs, spine and hip bones • Some fat layers • The rump is rounded
5	Obese			<ul style="list-style-type: none"> • Very hard to feel the spine and hip bones - Ribs can't be felt! • Tummy sags with obvious fat padding • Rump bulges out

 Your pet is a healthy weight
 Seek advice about your pet's weight
 Seek advice as your pet could be at risk

Please note

Getting hands on is key to this simple system. Whilst the pictures in the Pet Size-O-Meter will help, judging whether your pet is the right weight purely by sight alone has its difficulties. A long coat can disguise ribs, hip bones and the spine, while a short coat can make a rabbit's appearance more irregular and highlight these areas. You will need to gently feel your pet which can be a pleasurable bonding experience for both of you!





PET SIZE-O-METER

Results Rabbits:

Your Rabbit is score

1

Very Thin

Your pet is very likely to be underweight. Your pet may have a naturally lean physique but we recommend you speak to your local vet to rule out any underlying medical reasons such as dental or kidney disease. If your pet is healthy, but otherwise underweight, your vet is likely to advise some dietary and lifestyle changes.

Your Rabbit is score

2

Thin

Your pet is thin and potentially underweight. Your pet may have a naturally lean physique but we recommend you speak to your local vet for a health check up. If your pet is healthy but otherwise underweight, your vet may advise some dietary and lifestyle changes.

Your Rabbit is score

3

Ideal

Congratulations your pet is in ideal body condition! This is great news, as being at its ideal weight increases the chances of your pet living a long and healthy life. To keep your rabbit in tip top shape, monitor its weight and body condition on a regular basis (e.g. once a month) and be careful what you and everyone else in the family feeds it. Remember any changes in lifestyle (e.g. reduced exercise, recent surgery, extra treats, or even factors such as stress) can result in weight change.

Your Rabbit is score

4

Overweight

Your pet is potentially overweight. Being overweight is unhealthy for pets as it can lead to a shortened life-span, high blood pressure, heart disease, arthritis, cystitis and other health complications. Speak to your local vet for advice and a thorough health check-up. The vet will look for any underlying medical reasons as to why your pet may be too heavy. If there are no underlying health issues, a change of diet and lifestyle is likely to be suggested. Many vet practices run free weight management consultations, ask about these services when you ring to book an appointment.

Your Rabbit is score

5

Obese

Your pet is likely to be obese and this can have serious medical implications. Being overweight is unhealthy for pets as it can lead to a shortened life-span, high blood pressure, heart disease, arthritis, cystitis and other health complications. Speak to your local vet for advice and a thorough health check up. The vet will look for any underlying medical reasons as to why your pet may be too heavy. If there are no underlying health issues, a weight loss programme will probably be individually developed for your pet and should include diet and lifestyle changes.

Remember to make the most of advice on weight management offered by many vet practices and pet care professionals.

For more information on the Pet Size O-Meter and tips on how to prevent weight gain visit www.pfma.org.uk. In addition to providing useful tips on how to keep your pet healthy and happy, a team of veterinary nutrition experts are on hand to answer your pet nutrition questions in the 'Ask the Expert' section.

