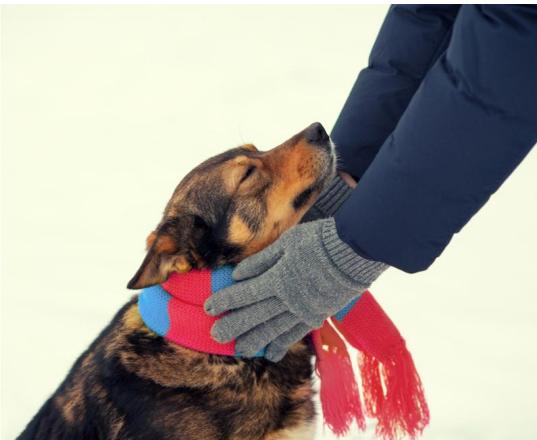


Pet Tracks

For The Ultimate Pet Owner



Tips for Dealing with Holiday Stress - for You and Your Pet

The holidays have arrived, and if you are one of the fortunate ones with friends and family that you like to spend time with, the holidays mean parties, dinners, gift exchanges and get-togethers. Whether you will be the host of one of these fetes, or whether you'll be packing up the family and pet for a cross-town trip to visit family and/or friends, know before you go how you are going to keep

everyone calm and comfortable, so that everyone has a good time.

Visiting ... Visitors

If you are the "visitee," you will want to do a little preparation before the guests arrive. Many of us consider our pets to be members of the family, and we enjoy having them with us in as we celebrate good times.

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What a better way to celebrate the Holidays than to keep your furry family members in "their favorite place", home.

Call **Guardian Pet Sitters** to help your furry family members celebrate **Stress Free!**

Do you travel with your furry family member?

Guardian Pet Sitters has **Home Watch Service** during your travels.
Stress Free for you when you return to your home.

Guardian Pet Sitters keeps your home safe and sound while you are traveling.
Personalized home and property care just for you.

5 Holiday Hazards

Thanksgiving has passed, but the hazards haven't. Christmas time brings anew set of hazards to watch out for. Trees and lights are up. There are presents and

shiny decorations everywhere. Sweet smells are coming from the kitchen. Guests bring lovely treats in and maybe even more presents. Pets are very good at getting into things on a regular day, but during the holidays there is so much more to examine!

- Keep your pets safe by keeping shiny and curiosity inducing items out of reach! This will keep your presents and decorations safe, and your pet out of trouble.



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Hyperthyroidism in Cats



Per Dr. Karen Becker "Hyperthyroidism" is the most diagnosed endocrine disorder in cats. This disorder is very common in cats over 8. What is hyperthyroidism? The thyroid is a butterfly shaped gland at the base of your cat's throat. The thyroid gland overproduces the thyroid hormone and it is called hyperthyroidism. Some of the symptoms of hyperthyroidism in cats that can occur:

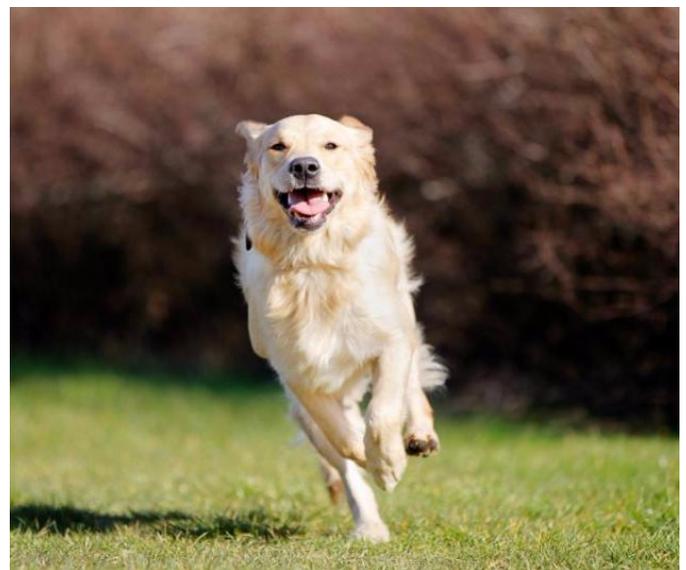
50% of cats that acquire hyperthyroidism want to eat a lot more than normal

90% of kitties that acquire hyperthyroidism end up with weight loss

[Read More:](#)

10 Fun Ways to Exercise Your Dog

You've traveled this route many times. Your footsteps are on automatic pilot and your dog is tired of smelling the same patches of grass. You continue your daily walks sticking as closely to the same path like a beagle honing in on a scent because your dog needs exercise for his health and as an outlet for pent up energy. **Walking is what you are supposed to do with a dog, right?** Well, yes, but there's a movement afoot that challenges the traditional ideas of what dogs and humans can do together for fun and physical conditioning. So if **you and your canine companion are getting a little bored** with the same activities day after day, here are some suggestions to shake up your routine. [Click Here:](#)





Why Exercise is Important to the Health of Your Cat

Cats have overtaken dogs as the pet of choice for American households. Unlike dogs, cats are not usually taken for a walk on a lead, which leaves you with the question: is your cat getting enough exercise, and why should you care?

Like all animals, cats need regular exercise to stay physically and mentally healthy. Dogs are probably easier to exercise, as cats, for example, don't tend to run after a thrown stick, bringing it back with that excited, expectant look that dogs invariably do. However, there are many ways you can exercise your cat - and also have a lot of fun too.

The simplest way to ensure your cat gets enough exercise is to play with him or her.

[Read More>](#)

Bringing in a New Pet During the Holidays - Pros and Cons

A popular time for bringing in a new pet to the home is undoubtedly during the holidays, especially around Christmas and New Year. There are advantages and benefits to doing it at this time, but there are also disadvantages too. For example, you'd do well to heed the saying, 'a pet is for life - not just for Christmas' as so many holiday pets can end up unwanted once the novelty of having a new pet wears off.

On the other hand, holidays are a time when people are usually free from responsibilities of if things like work and school. This can allow them to have much more time to spend with a new pet at a time when the new pet needs it most. Once the pet has settled in and feels wanted and is more relaxed, it won't mind so much the lesser attention it will likely get when family members go back to work and to school.



[Read More>](#)

**You Are Going to LOVE this Video!
'The 12 Days of Christmas'**



Celebrate Pet Holidays

January - Walk Your Pet Month
Adopt a Rescued Bird Month
January 14th - National Dress Up Your Pet Day
January 22nd - National Answer Your Cat's Question Day



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