

Pet Tracks

For The Ultimate Pet Owner

Valentine's Day Do's and Don'ts for Pet Lovers



Many pet owners include their furry loved ones in Valentine's Day celebrations.

And who better to celebrate on St. Valentine's Day than the one devoted soul in your life who offers true unconditional love?

Valentine's Day Do's

If you'd like to do something **special for your four-legged companion** on February 14th, here are a few neat ideas:

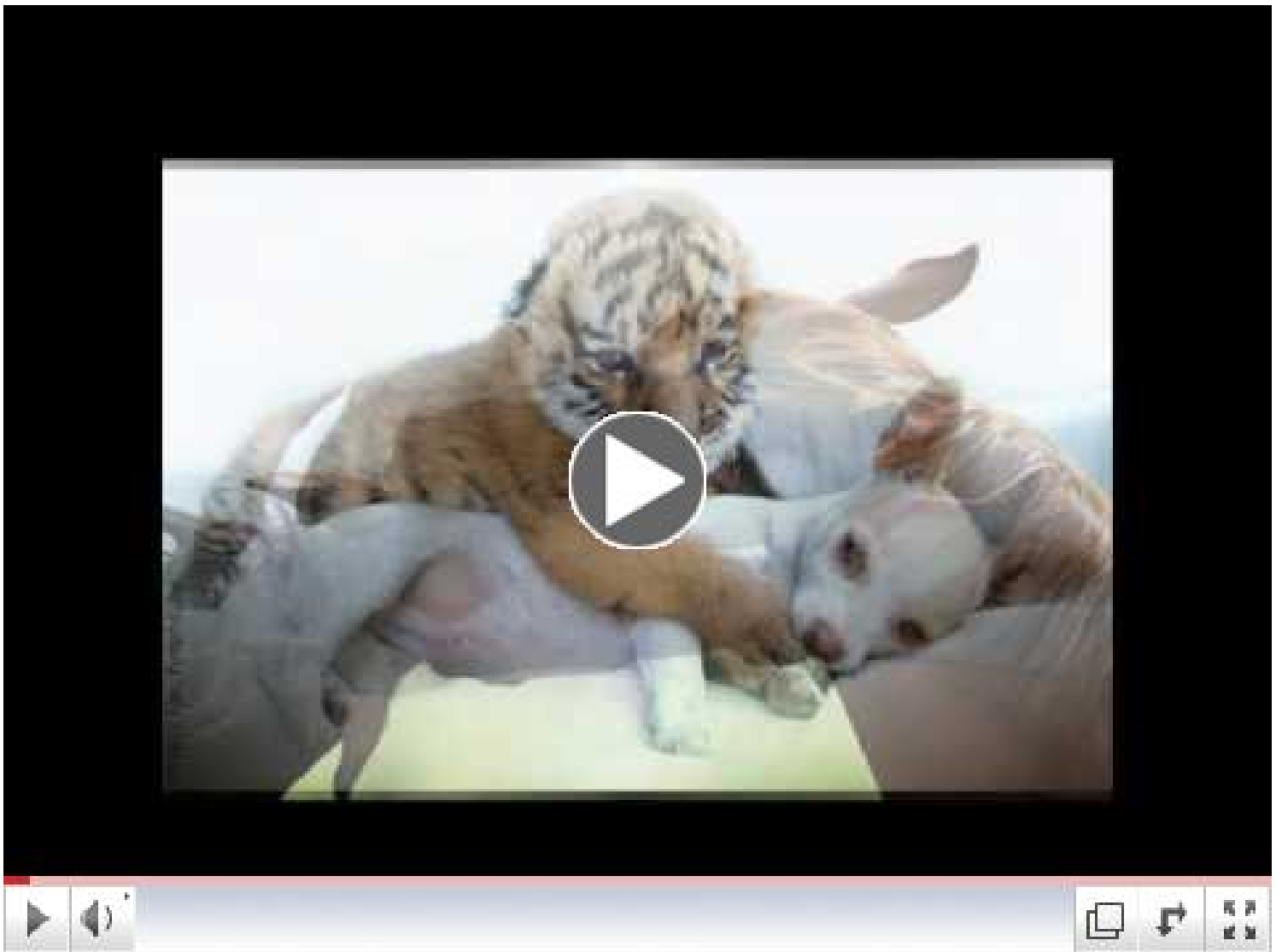
- Make an appointment to have professional photos taken of your pet, or hire an artist to paint a portrait of your dog, cat, or other favorite critter.
- Make a permanent clay print of your pet's paw with a special kit.
- If your dog has a favorite activity like riding in the car, hiking a trail with you, or retrieving a tennis ball over and over and over (and over), carve out a couple hours on or around Valentine's Day and indulge him.
- Skip the heart-shaped carb-heavy pet treats and invest the money instead in a small amount of an excellent quality raw, canned or dehydrated dog or cat food.
- Set aside 15 minutes to a half hour and give your animal companion your undivided attention. Don't multi-task during this small window of time. Allow no interruptions. Do nothing but focus on your pet. Soak up her animal energy.

You can spend the time just petting or massaging your pet, bathing or grooming her, or doing an at-home wellness exam. You can take your dog for a short, invigorating walk. Engage your kitty with her favorite toy. Chat with your bird. Set your pocket pet free to investigate a bit of the world outside her cage.

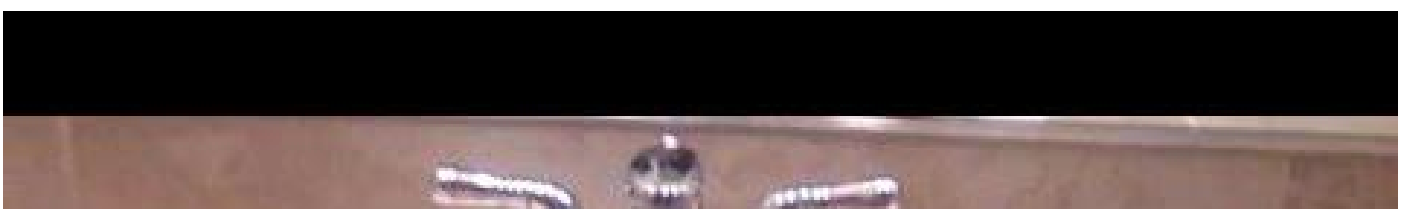
...and a Few Don'ts

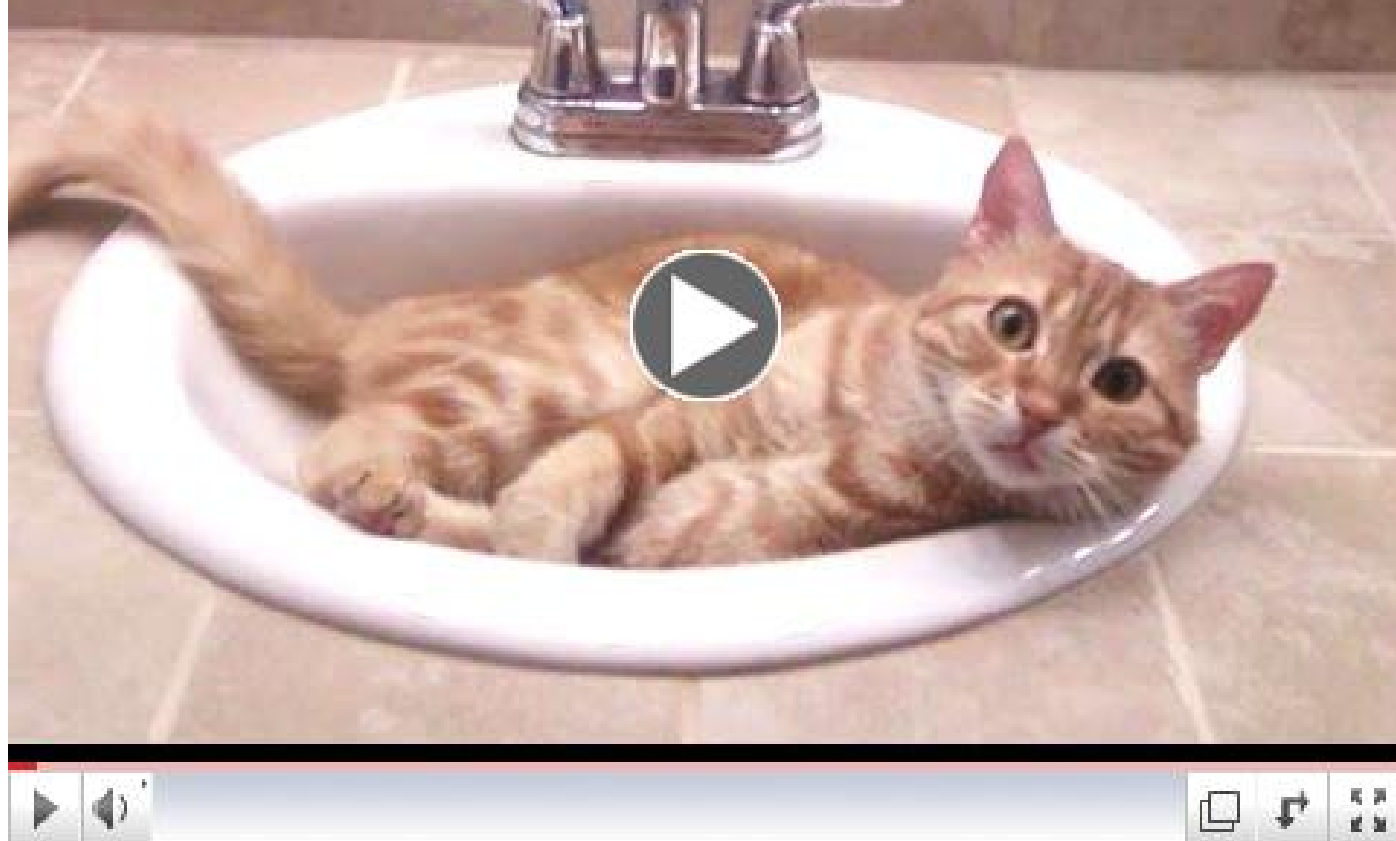
[Read More:](#)

The Love of Animals



**Does your cat make you laugh?
Post your funny videos on our Facebook page.**





Fridge Foods

Tired of seeing infographics of foods your dog can't eat?

Here is a nifty printable infographic of some awesome foods found in your refrigerator that they CAN eat!

Fridge Foods
HEALTHY DOG SNACKS 🍓
print & stick on your refrigerator!

Pet Nutrition Blogger
Rodney Habib
facebook.com/PlanetPawsPetEssentials

ANTIOXIDANT RICH

- bell peppers
- spinach
- brussel sprouts
- blueberries
- apple
- blackberries & raspberries

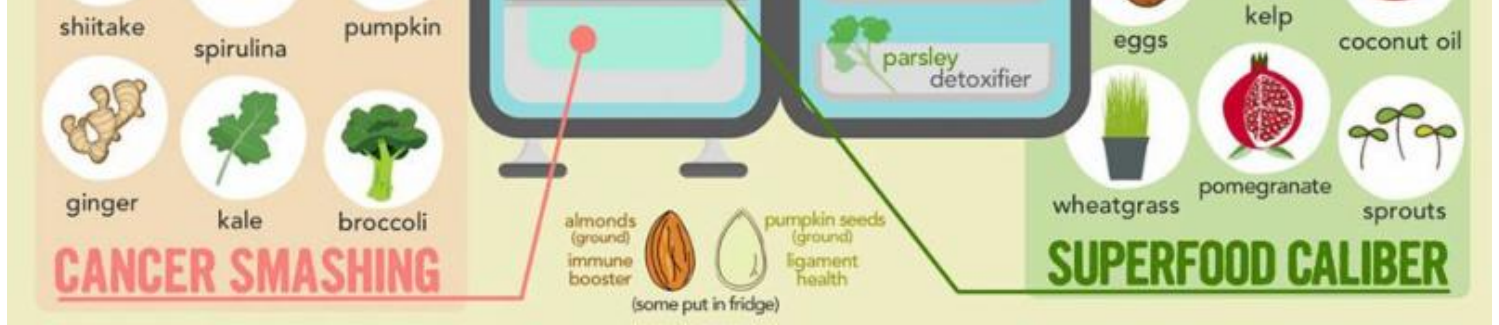
ANTI-INFLAMMATORY

- pineapple
- sardines
- turmeric root
- cranberries
- papaya
- asparagus

heart health (banana)

probiotic (KEFIR)

Other items shown: mushrooms, green peas, oranges, eggs, broccoli, and coconut.



Click Image to Print

9 Positive Ways to Encourage a Lazy Cat to be More Active

It's not necessarily a red flag if your cat sleeps a lot. Many cats naturally spend their daytime hours asleep, reserving their energy for nighttime hunting and playing. Even nighttime hunters, though, should be able to be tempted into a bit of daytime fun.

If your normally-playful cat is suddenly uninterested in toys or games, a trip to your veterinarian can address any health issues that may be making your cat too lethargic or achey to play. But **sometimes indoor cats** just need a little help staying active and healthy in an environment that can easily not be stimulating without a little effort on your part.

1. Find the right toys

Cats are picky about what they play with, and all cats will have different ideas about what's interesting to them. Having toys in your home isn't enough. You have to have the right toys. If your cat seems oblivious to the felt mice but perks up when you crumple up a piece of paper take a cue from that and add some toys that make crinkling sounds. Don't hesitate to try a few different types until you find something your cat wants to play with.

[Read 2-9 Tips Here](#)

Easy & Quick Homemade Dog Food Recipe by: Rodney Habib





Celebrate Pet Holidays

February - Dog Training Education Month
Spay/Neuter Awareness Month
Pet Dental Health Month
Responsible Pet Owners Month
Adopt a Rescued Rabbit Month
Unchain a Dog Month

March - Poison Prevention Awareness Month
Adopt a Rescued Guinea Pig Month

March 5-11: Professional Pet Sitters Week
March 13: K-9 Veterans Day



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