

# Pet Tracks

*For The Ultimate Pet Owner*

## 6 Creative Ways to Transform Your Cat Into an Indoor Athlete



The majority of feline family members don't get enough exercise to keep their bodies well-conditioned and their minds stimulated. Regular aerobic activity provides incredible benefits for your kitty companion, including:

- Helps to maintain a healthy weight
- Keeps muscles supple and strong
- Promotes organ health, including the heart, as well as the overall structural integrity of your cat's body
- Cures boredom and the undesirable behaviors that come along with it
- Helps strengthen the bond you share with your cat

And while helping your cat stay physically fit can be more challenging than exercising your dog, it's far from impossible. It just takes a little creativity and motivation.

### 6 Tricks to Keep Kitty Active

1. **Toys:** The good news is you don't have to spend a lot of money to fill kitty's toy-box. You just have to think like a cat and use toys that draw out his hunting instincts. A piece of string wrapped around the end of a stick that you drag on the ground will bring out the stalker in almost any cat.

[Read More:](#)

*By Dr. Karen Becker*

# THIS WINTER AFTER OUR WALKS PLEASE WIPE MY PAWS

**ROCK SALT**  
contain traces  
of toxic metals  
like mercury &  
lead, also  
ferrocyanide.

**ANTIFREEZE**  
contains  
ethylene glycol  
which can be  
lethal when  
ingested

## **SYMPTOMS OF ROCK SALT POISONING:**

- Burns to the mouth
- Dehydration
- Raw & sore paws
- Liver & kidney failure
- Pancreatitis

## **SYMPTOMS OF ANTIFREEZE POISONING:**

- Lack of coordination
- Excessive drinking & urination
- Gastrointestinal irritation
- Coma, seizures and/or death



Pet Nutrition Blogger  
**Rodney Habib**

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## **HELP CLEAN THEIR PAWS OR THEY WILL HAVE TO DO IT!**

Un-purified rock salts contain traces of toxic heavy metals such as mercury and lead. However, most municipalities in North America use ferrocyanide (a form known to cause cancer) as an anti-caking agent to facilitate the spreading of rock salt and to prevent clumping. These ice melter toxins combined with antifreeze (spilled onto the roads) are known to irritate pets who lick their paws and ingest them in harmful quantities after winter walks.

[Full Article Here](#)

By Rodney Habib - Pet Nutritionist Writer

Thinking about owning a Bird?  
We know you will enjoy these funny birds.



## The Government Retracts the Retractable Leash!

Enter one of the most controversial pet products and controversial topics in the pet accessory world today: "The Retractable Leash."

Named the 2013 "Hottest Pet Product of the Summer" by The American Pet Products Association (APPA), literally just the mention of this device will have pet parents all over the world at arms.

This product is either loved or loathed. I'm talking more controversial than Kanye West here people!

Why?

[Read More:](#)



## Walking Your Dog: How to Do It Well and Why It's So Important

Most dog breeds were developed with a specific purpose in mind, for example, sporting, working, herding and so forth. Consequently, whether your pet is a

exercising, working, playing and so forth. Consequently, whether your pet is a purebred or mixed breed, chances are **he carries genetic traits that drive him to pursue an activity.**

Many **modern day dogs** don't get opportunities to **do what their breed instincts** tell them to do. In addition, it's a rare dog that exercises on his own, and your backyard doesn't provide the variety of **sensory stimulation** most dogs need to ward off boredom.

Dogs need walks for both **exercise and mental stimulation.**

**Dr. Becker's Comments:**

- Why and how to walk your dog may seem like a 'no brainer' topic to many of you, but the fact is there are lots of pet owners who:

[Find out more details here](#)

## Easy & Quick Homemade Dog Food Recipe

by: Rodney Habib



### Celebrate Pet Holidays

**January** - National Walk Your Pet Month

Adopt a Rescued Bird Month

January 14th - National Dress Up Your Pet Day

January 29th - Seeing Eye Guide Dog Birthday

**February** - Dog Training Education Month

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



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