

Pet Tracks

For The Ultimate Pet Owner

January is National Walk Your Pet Month

If you're one of the 45% of Americans who make New Year's Resolutions, chances are that weight loss and/or exercising more often is among them.



You probably already know about the health benefits of losing weight. There's less stress on your joints, your heart, etc. But did you know that when your pet loses weight, he or she enjoys the same benefits?

According to Pet Obesity Prevention, 57.9% of American pets are overweight or obese. Even an extra two pounds on your cat (or five on dogs) is associated with greater risk for disease.

January is National Walk Your Pet Month which makes it perfect for the dogs in your life. Maybe for your cat too if you can get your cat interested in walks. Until recently people didn't realize that cats could be taught to walk on a leash and many other tricks. Cats are social animals contrary to the label man has put on them as independent.

And if the exercise benefits aren't enough, dogs also enjoy mental stimulation by getting out in the neighborhood and sniffing the trees, sidewalks, fire hydrants and each other.

Walking Your Dog is Bonding Time

Walking together is a great time to focus on training your dog and strengthening the bond between you.

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5 Pet-Conscious Tips For Valentine's Day

Does your heart melt whenever you look into the soft, imploring eyes of the one you love? **Does it skip a beat at the sound of your sweetheart's voice as you walk in the door at the end of a long day?** Do you pause in the middle of the day to sigh,

Happy Valentine's Day



thinking of your honey's warm, wet nose, and furry ears?

It's love, and we know it -- dogs and cats make the best Valentine's ever. There's no need to get them chocolates, and they have no use for flowers. In fact, these gifts are actually dangerous for them. But do you know why?

Here are five great tips that help will **keep your pets safe** this Valentine's Day.

1. **Melts in Your Mouth, Not in**

Theirs. Everyone knows that chocolate causes abnormally high heart rhythms in dogs, among other problems. But not everyone is aware that baking chocolate is especially toxic. While an M&M or two may not do any harm, a dog or cat that snatches a large chunk of baking chocolate from the counter may end up in the ER. It is essential to keep all chocolates out of your pet's reach. Yes, even that last raspberry-filled nugget from the assorted box of chocolates no one ever seems to want to eat.

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Change a Pet's Life Day!

How did you recognize Change a Pet's Life Day on January 24th?

We don't have to wait for January 24th each year to make a difference in the lives of our furry friends and pets. Need some ideas?

1. Foster a cat, dog, bird, or other pet until a permanent home can be found
2. Help the pets who are kept outside by offering their owners blankets, inside house gates, food, or a pet care book
3. Adopt a rescue and make their lives complete
- 4. Research your pet's breed so you can understand their habits and temperament**
5. Adopt a friend for your pet
6. Take your pet for walks and play with them outside (they like to be outside just as much as humans do)

Have fun each and every day of the year! Change a Pet's Life Day is NOT just one day of the year.

Post your favorites on [Facebook](#)

February's Recognized Pet Days

Beat the Heat Month
Dog Training Education Month
National Cat Health Month
Spay/Neuter Awareness Month
Pet Dental Health Month
Responsible Pet Owners Month

Adopt a Rescued Rabbit Month
National Prevent a Litter Month
Unchain a Dog Month

2nd week in Feb.: [Have a Heart for Chained Dogs Week.](#)

Feb. 15-16, 2016: [Westminster Kennel Club Annual Dog Show.](#) Held at New York City's Madison Square Garden, this event is televised.

Feb. 14: [Pet Theft Awareness Day.](#)

3rd week in Feb.: [National Justice for Animals Week.](#)

Feb. 20: [Love Your Pet Day.](#)

Feb. 22: **Walking the Dog Day.**

Feb. 23: **International Dog Biscuit Appreciation Day.**

Feb. 23, 2016: [World Spay Day.](#) Annual campaign by the Humane Society International and The Humane Society of the United States; held the last Tuesday of February.

Feb. 23, 2016: **Spay Day USA.** Last Tuesday of February.



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