



Command News

October 2009

Command Dog Training School Web Site: www.dogtraining.com.au



Skinny Labs ? Here is how !



Article written by Kathy Grass (Instructor at our Burwood venue)

Trim, taut, terrific and desexed

'Obesity is a severe and debilitating illness. It is the most common nutritional disease in pets and people; estimates suggest that up to 45% of dogs are obese'. (Shawn Messonnier, DVM)
'Experts consider a dog obese when he or she weighs over 15% of the optimum weight for its species....There are several reasons for obesity. Some of the major causes are overeating, lack of exercise, hormonal problems and improper feeding (such as leaving food down all day). In addition, a big contributor to obesity, particularly in older pets, is the inevitable slowing down of metabolism, just like with humans. *Also, spaying and neutering contribute significantly to obesity, particularly in older pets.*
Though spaying and neutering is necessary for the overall good of the animal community, removal of the reproductive organs results in a slowing down of the metabolism, which means less calories burned.
Furthermore, spayed or neutered pets no longer come into heat, which is where they tend to burn a noteworthy amount of calories due to sexual anxiety. And lastly, our dogs usually produce a food inhibitory hormone, which helps prevent them from overeating. When they are spayed or neutered, this hormone is no longer prevalent in the bloodstream, therefore causing them to overeat.
A desexed dog does not have to be overweight, but a desexed dog appears to be more prone to becoming overweight than an entire dog, mainly for the reasons outlined above.
As a trainer I have seen many obese dogs pass through our training school. Recently, I have been keeping my eye on several Labrador Retrievers who, although desexed, are slim and have a great waist-line.

I asked each of the owners what their dogs were fed and what sort of exercise schedule they provided. Each owner's answer was different but each had an underlying connection, mainly that their dogs' diets and exercise schedules were balanced. Basil, a 7 y.o. Lab receives a raw food diet which is carefully measured and weighed each day. He also has at least 1 hrs. off lead exercise in a park daily. If his exercise has to be limited his diet is adjusted accordingly. Sam, a 3 y.o. Labrador has a diet which consists of a meal of mainly processed food and regular treats but the food intake is once again measured against the amount of exercise he receives daily. This includes walks around the block and numerous retrievals of his toys in the backyard by all family

No Classes Cup Day Long Weekend

There will be no classes running from Saturday 31 October to Tuesday 3 November due to the cup long weekend.

Our office will be closed during this time

Just For Dogs

DogZone day care for dogs is where you can book your dog in on a casual basis or take out a 10 or 20 day pass which can be used over a 3 or 4 month period respectively. DogZone also offers a V. I. P. monthly pass for those dogs who need to come daily. Dogs on passes get priority bookings for day-care and grooming.

DogZone dogs are given a maintenance brush before going home to help maintain their coats' condition minimising the amount of hair loss at home.

All you'll need to do is take your dog home, feed and love it. Exercise, play, daytime companionship and brushing will have already taken place

DogZone (est 2002) is based at 53-55 North St Richmond and is owned and managed by professional dog trainer Sally Chan.

Contact Sally 9427 9888

Email: sally@dogzone.com.au

Web site : www.dogzone.com.au



Skinny labs cont..

members. Hanna, a 5 y.o. Lab lives with mum, dad, and a toddler so food scraps are always present. His mum tries to exercise the dogs with daily lead walks but sometimes life gets a little busy for this. Hanna's diet is mainly processed food. The secret to a trim Hanna is that she lives with another younger Labrador and they play constantly together every day.

If your dog has a tendency to put on weight easily all it may require of you is to reassess the type of food you provide, the quantity and the amount of exercise your dog receives or can participate in.

For more information and advice please go to the websites below.

www.preciouspets.org/newsletters/articles/obesity-in-pets.htm 1
<http://squidoo.com/dog-behavior-training-1/>

Readers Page



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Cup Cakes

Mia

Mia is our dog of the month, owned and trained by Katrina

Currently in Intermediate 1 with C.D.T.S. instructor Claire at our Burwood Venue.

Mia an 8 month old German Shepherd, Husky cross has a gentle nature loving both humans and other pooches.

She loves to eat anything and everything this includes her collar, rubber gloves, bathers, rope and of course possum poo.

She is also thought to have tried to eat a bee as her face was incredibly swollen, the vet later discovering a bee sting in her gum.

She used to be terrified of trains and trams, but has learnt to accept them, but still scared of hot air balloons.

She associates the car with going to her favourite places these include Gardiner's Creek where she gets to run around as much as she likes with other dogs, so she is always eager to go for a ride.

Mia howls along with sirens that go past, which is amusing because both her mother and sister apparently do the same thing.

Her favourite games include soccer, fetch, and the odd game where she throws her food bowl into the air and barks at it.

She doesn't bark much apart from that.

185 gm tin of tuna in brine (I purchased home brand for 89 cents)

2 eggs

1/2 cup grated carrot

1 cup boiled rice (drained)

1/4 cup self raising flour

1 dessertspoon parsley

Preheat oven to 180

Place all ingredients in a bowl and mix well

Place in well greased cake moulds

Bake for 25 mins (or until golden brown)

Let cool (makes 6 cup cakes)

These really were a really big hit with my dogs

And just perfect for that party at Dogzone

Guess who is 80 ????



Birthday Wishes to Laurie who had a very special birthday early this month turning just 80 years young. Best wish come from all of us at Command Dog Training School especially Nina ** Laurie pictured above with C.D.T.S. instructor Kathy and Nina ***

A healthy pet for life
NATURE'S GIFT

Reminder

Just a reminder about our Christmas break up. You need to be thinking about fancy dress for your pooches. Also teaching your pooch a few tricks. We also look forward to any suggestions for our break up get-together.

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The Views in this newsletter are not necessarily those of the directors of Command Dog Training School (Vic) Pty Ltd or it's staff