



# 4 PAWS

SWIM  FITNESS

REHAB, WEIGHT PROGRAMS & FUN!

### Weight of Pet

10 pounds	205
30 pounds	478
60 pounds	956
Average Cat	180

### Daily Calories Needed

### Dog Foods

Science Diet® Maintenance	295
Hills Prescription Diet® R/D	242
Hills Prescription Diet® W/D	243
Hills Prescription Diet® T/D	273
Iams Weight Control®	329
Purina Dog Chow®	430
Canidae® Chicken & Rice	475

### Calories/Cup

### Treats

Medium Rawhide Chew	57
CET Hextra® Rawhide	40
Medium Milk Bone®	40
Hills Prescription® Treat	13
¼ Cup Green Beans	9
Freeze Dried Liver Treats	7
Small Slice GS Apple	3
Baby Carrot	3

### Calories

### Not Approved, But ...

Beef Hot Dog	180
American Cheese Slice	70

### Calories

### Cats Only

½ Cup Purina Cat Food	163
½ Hills Prescription M/D	160
Average Mouse	35
Feline Greenies®	7
Pounce®	3

### Calories

### Activity (30 min)

Swimming	100
Walking	58
Sleeping	13

### Calories Burned\*

\*Calculations based on a 50# dog

## IDEAL WEIGHT PROGRAMS

Canine weight management and exercise programs are held at 4 Paws Swim & Fitness. This state-of-the-art 4,000 square foot facility allows your pet to safely and comfortably exercise all year round.



SWIM-IN-PLACE POOL



UNDERWATER TREADMILL

All programs are monitored for safety and effectiveness by the staff of WFPC.

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[www.westsidepet.net](http://www.westsidepet.net)