

Dogs should be fed twice daily, morning and evening. Young puppies should have food more frequently (3-4 times daily — speak with a vet first). Amounts vary depending on the weight of the dog, age, activity level and brand of food.

Dogs should be walked at least 2-3 times daily, however length and frequency depend on size, breed, energy level, personality, and whether or not the dog is overweight. Dogs with flat faces, like bulldogs, should be limited to the amount of time spent outside in the summer. Senior dogs or those with physical ailments, like arthritis, may only be able to go for short walks or have to avoid walking in extreme temperatures.

Cats can eat freely or as meals; just make sure you use measured amounts as to not overfeed your cat. Amounts depend on weight, age and brand of food.

Obesity in cats is very common and easily avoidable through measuring food and keeping them active as they grow. Start by spending a few minutes a few times a day playing with your cat, gradually increasing to 10-15 minutes a few times a day. Keep plenty of toys around, and try laser pointers or feather wands. Scratching posts and cat trees are good as well, as they encourage climbing.

Birds eat different amounts depending on the breed and size. Typically they eat twice a day, morning and afternoon. Besides pellets, birds enjoy vegetables, fruit, nuts (no peanuts), rice, quinoa and cooked beans.

Rabbits should be fed 1/4-1/2 cup timothy pellets and 1-2 cups vegetables per 6 lbs. of body weight. Hay should be available at all times. Limit fruit to no more than 2 tbsp. a day.

Guinea pigs and other rodents should have 1/8 cup fresh pellets, as well as hay and a handful of vegetables.

Birds and small animals that spend majority in enclosures should be taken out at least

daily. This encourages socialization, exercise and provides better quality of life.

Please consult your vets before changing any diets, routines or habits of pets.

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At a recent team bonding playing golf, we spotted an osprey. Please remember to respect wildlife.



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