Discourage begging

Unfortunately, many times a begging cat (and as a end result, an overweight cat) is our own fault. Too easily we fall for this adorable look and that heart breaking meow, only to willing to ease that obvious despair with a hearty treat. Kitty learns fast, and has us trained in no time. A melting look a resounding cry and they have the cat owner running for some soother in form of calories. Not seldom comes this guilt-behaviour in addition due to lack of time we can spend with kitty, which means little to no exercise in addition to too much food. With fatal results for the kitty: Obesity.

Overweight and Obesity can cause serious health problems:

- Diabetes mellitus.
- Stress on the heart.
- Joint, tendon and ligament problems that can lead to lameness and arthritis.
- Skin disorders due to the cat having difficulty grooming himself.
- Shortened lifespan.

Here some tips how to avoid her begging for food:

- Never feed anything in the kitchen while preparing a meal
- Never feed anything from the table
- Never feed from dishes used on the table
- Never let her on the table, with food on it or not
- Ignore her while you're at the table – don't give any attention, physical or verbal
- Don't leave food on the table unattended – all it takes is one good bite to convince her to keep coming back for more
- Feed the cat before you eat, if possible. If she's not hungry, she'll be less likely to beg
- To stop her jumping on the table or counter, apply a deterrent such as a strip of sticky Paws or double clue tape
- Squirt with a water bottle

Here is what to do if you see your kitty putting on weight and become lethargic:

- Feed set amounts 2-3 times per day (don't panic, if she doesn't touch the boring dry food and begs for wet food. If she is really hungry, she will eat the dry food!)
- Get a second, younger cat for her as playmate
- Spend regular time playing with her every day (morning and evening for 5-10 min is ideal)
- Change the food brand (go for high quality, less calorie loaded food from the vet)
- Serve special obesity or reduced calorie food