

Healthy Habits

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Taking care of a pet is more than just cuddles and treats (though those are great, too!). Like us, pets need a routine that supports both their body and minds. A few simple daily habits can make a big difference in how your pet feels today and in the long run.

Here's a guide to everyday things you can do to help your pet stay healthy, happy, and full of life.

1. Feed Them Right (and Stick to a Schedule)

Feeding your pet the right amount of good, quality food is one of the best ways to keep them healthy. Giving in to those cute begging eyes is easy, but overfeeding can lead to weight issues, especially in indoor pets.

Try this:

- Feed your pet at the same time every day
- Measure their food to avoid overfeeding
- Stick to pet-safe food and avoid human snacks (like chocolate, onions, or grapes, they're toxic!)

If you're not sure what or how much to feed, ask your vet. Every pet's needs are different based on their age, size, and activity level.

2. Keep Them Moving

Daily exercise isn't just for dogs, cats need playtime too! Physical activity helps pets stay at a healthy weight, avoid boredom, and burn off energy in a healthy way.

Ideas for dogs:

- Daily walks or playtime at the park
- Tug-of-war or fetch in the yard

Ideas for cats:

- Wand toys, laser pointers, or treat puzzles
- Climbing trees or shelves for indoor adventures

Just 15–30 minutes of play a day can make a big difference.

3. Don't Forget Water

Freshwater should always be available. It might sound basic, but dehydration can lead to all kinds of health issues. Make it a habit to refill your pet's bowl every day and clean it out regularly to avoid germs.

Pro tip: If your cat doesn't love drinking water, try a pet water fountain, they're more appealing than a still bowl.

4. Quick Grooming Goes a Long Way

You don't have to do a full spa treatment every day, but a few simple grooming habits help keep your pet feeling (and smelling) fresh.

- Brush their coat a few times a week to prevent mats and reduce shedding
- Check their ears for dirt or weird smells
- Look over their paws and nails, long nails can be painful
- Give them a once-over for any bumps, scratches, or ticks

If something looks off, it's always better to catch it early.

5. Make Time for Love & Routine

Pets thrive on consistency and affection. Even a few minutes of one-on-one attention each day can help your pet feel safe, loved, and less anxious.

- Talk to them, pet them, play with them
- Stick to a routine so they know what to expect
- Learn their body language, it's how they tell you how they're feeling

Remember: You're their whole world. Those small moments of care add up more than you think.

Final Thoughts

Healthy pets aren't just lucky, they're cared for in simple, consistent ways. With a little time and attention each day, you can build a routine that helps your pet live a longer, happier life. And in return, you get all the love (and tail wags or purrs) they have to give.