



Case 21: Obesity publication date: Aug 8, 2008

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'Honey' Golden Retriever, Female (n) 8 ½ years.

04/02/08; Obese, 39.8KG , needs dietary alterations and treadmill fitness,

Onto Canine R/D diet, 130gramms twice daily, with 3 x weekly treadmill to increase fitness.

Treadmill; Pre- exercise heart rate = 90 beats per min

Waist measurement = 31.5inch/80cm

Chest measurement= 35.5inch/90cm

2.6k/h, 8 minutes, started panting+++

Post exercise heart rate = 128 beats per minute.

DATE	SESSION NUMBER	SPEED (k/h)	DURATION (MINUTES)	NOTES
06/02/08	1	2.6 2.0	5 5	40.0KG
08/02/08	2	2.6 3.0 2.8 2.6	1 4 2 2	41.2KG Blood Sample for low T4, = Hypothyroid, onto Soloxine 0.8mg daily
11/02/08	3	2.6 3.0 2.8 2.6	1 5 2 2	
13/02/08	4	2.8 3.0	2 10	39.6KG
15/02/08	5	2.8 3.0	2 10	Waist = 30.5 inches
18/02/08	6	3.0	12	

20/02/08	7	3.0 3.2 3.0	5 2 5	Waist = 28.5 inches 39 .0kg
22/02/08	8	3.0 3.2 3.0	7 4 3	
25/02/08	9	3.0 3.1 3.2 3.1 2.8	1 1 4 4 2	
29/02/08	10	3.0 3.2 3.0	1 8 1	
04/03/08	11	3.2 3.0	8 3	
07/03/08	12	3.0	12	37.4 kg
11/03/08	13	3.0 3.2	4 8	
14/03/08	14	3.2 3.0	6 2	Appears less energetic and not as keen today. 37.6kg
17/09/08	15	3.2 3.0	6 5	
19/03/08	16	3.2 3.0	6 5	

Still on going on treadmill.....

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