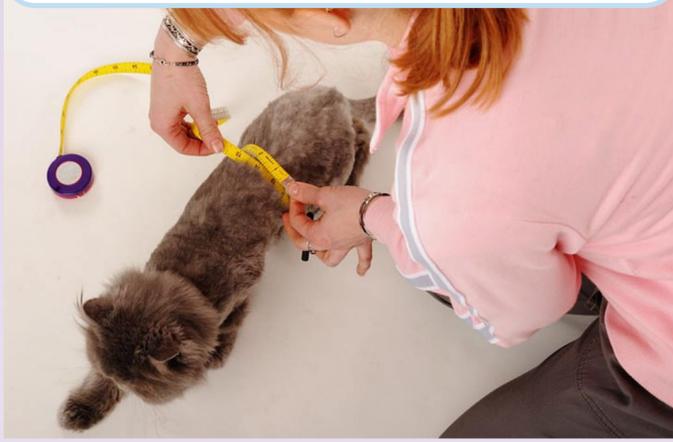




Try these 10 simple exercises and see the results they can bring to both you and your pet.

### 1. Weight

Keeping your cat slim will reduce the stress on joints.



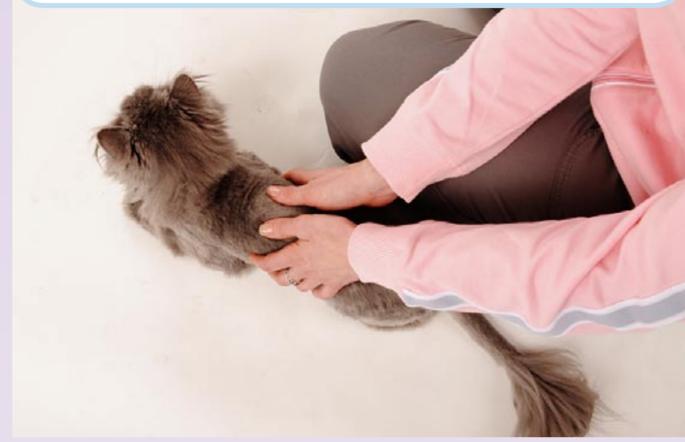
### 2. Belly rub

With your cat laying on his/her back, gently rub his/her belly. With luck, the cat will shift its weight from side to side, strengthening the core muscles.



### 3. Kneading

Kneading the cat, which involves gently rolling and pinching the skin, stimulates the skin and hair coat. It also increases circulation and flow.



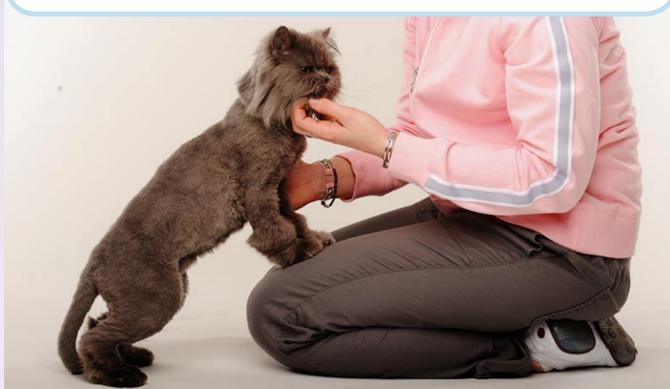
### 4. Happy butt rub dance

Vigorously scratch the top of your cat's rear end. Some cats find this stimulating and will shift their weight from side to side.



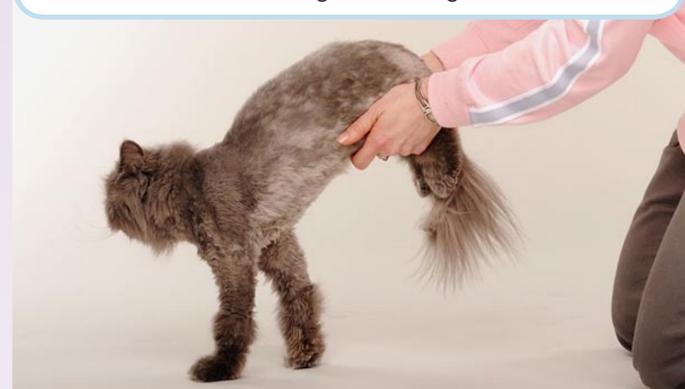
### 5. Loving on the couch/chair

This improves rear leg weight bearing/strength, range of motion, and hip extension. While sitting on a chair or couch, have your cat's back legs on the floor and lift the front legs up on a cushion or two (placed on the ground). Pet your cat so it stays in this position.



### 6. Wheelbarrow

This exercise strengthens the hind and/or front limbs. To strengthen the front limbs, lift the cat under the abdomen so rear legs are off the ground. DO NOT lift with the legs. Begin with a stationary position. Progress to moving forward/backward as able. To strengthen the hind limbs, lift the abdomen so that the front legs are off the ground.



### 7. Bootie on the paw – improves weight bearing

A) Place a bootie or hair scrunchie on your pet's paw.

B) Your cat will most likely shake the paw to get the scrunchie/bootie off its leg. Repeat with all four legs.



### 8. Rock on

Strengthens legs, coordination, flexibility and proprioception. Have your cat walk over uneven surfaces such as cushions, pillows, a bed, a balance trainer, or a foam mat. The cat will automatically shift weight to correct balance with every motion.



### 9. Contra lateral limb lifts

While your cat is standing, lift his/her left front and right hind leg. Hold this position for a few seconds. Repeat on the opposite side. This exercise strengthens the core.



### 10. Beg with weight shift - core strength

A) Encourage your cat to stand on his/her hind limbs using a treat or toy as motivation. Great for core conditioning. Using a healthy treat, lure the cat's head up as far as it will go and hold that position for a few seconds.

B) To make this exercise more challenging, move the treat/toy side to side slowly to make the cat sway in a controlled fashion. Or have the cat stand on a cushion.



**K**eeping your cat in the best possible physical condition will improve your pet's well-being and quality of life. The staff at the Tina Santi Flaherty Rehabilitation & Fitness Service of The Animal Medical Center highly recommends the exercises and tips on the other side of this poster. Use them to tone and strengthen several areas of your cat's body. And remember that administering a healthy and balanced diet and nutrition plan is an important part of fitness too. As our instructions for exercise prove, you don't need a large area to give your cat a good workout. These exercises can be performed in just about any corner of your home. In no time at all, you'll discover how exercising together can strengthen the human-animal bond and make you and your pet both feel healthier!



**Start This Program Today!**  
The importance of keeping your cat fit



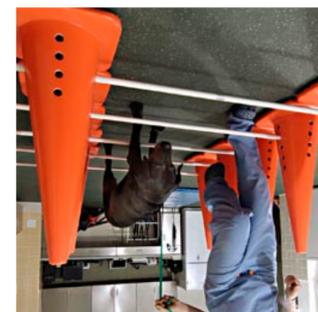
**Ten Exercise Tips For Your Cat**  
Important advice from the fitness experts at New York's largest veterinary hospital

**FREE POSTER INSIDE!**

**O**ur new, state-of-the-art suite for companion animals has been fully equipped with underwater- and land-based treadmills, a hydrotherapy tub and much, much more. In addition, our staff will be happy to formulate a specialized program for your pet, including diet and home exercise recommendations. These services can be particularly beneficial to pets that are:

- Elderly
- Arthritic
- Suffering from endocrine diseases such as diabetes, Cushings, hypothyroid, and others
- Neurologically impaired
- Overweight
- Athletic

To speak directly to the Tina Santi Flaherty Rehabilitation & Fitness Service of The Animal Medical Center, or to make an appointment, call (212) 329-8610.



**The Tina Santi Flaherty Rehabilitation & Fitness Service of The Animal Medical Center**  
The only facility of its kind in New York City

**Contact Information**

To set up an appointment at The Animal Medical Center, call (212) 838-7053, seven days a week.

To speak directly to a staff member of the Tina Santi Flaherty Rehabilitation & Fitness Service of The Animal Medical Center, call (212) 329-8610.

In case of emergency, bring your pet directly to The Animal Medical Center. Your pet will be examined and cared for by one of our veterinarians.

If you are a veterinarian making a referral, call the Referral Office at (212) 329-8890 or (212) 329-8758.

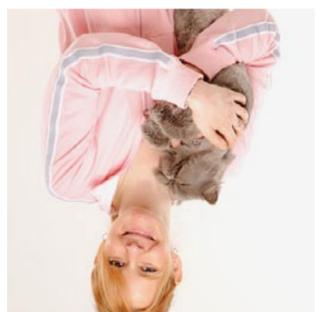
For general information, call (212) 838-8100 or log on to: [www.amcny.org](http://www.amcny.org)



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**T**he Animal Medical Center also offers you and your pet a wide range of specialties and services including:

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- <sup>131</sup>I Therapy-Feline Hyperthyroidism



**Featured Services**  
The Animal Medical Center gives you access to world-class veterinary care

**About The Animal Medical Center**

What sets us apart from other veterinary hospitals



**T**he Animal Medical Center is a not-for-profit institution that advances animal care, pioneers effective therapies, seeks safer and more convenient methods to diagnose illness, and builds academic and clinical teams that are world renowned.

Our doors never close. We are open 24 hours a day, 7 days a week and veterinarians are always on site to address pet emergencies and monitor hospitalized animals.

In addition, the expertise and experience of our veterinary team is unparalleled in the New York area. More than 80 veterinarians are on staff, and over one-third of them are board certified. As a result, many of our specialists are recognized as experts in their field.

Most importantly, we are a teaching institution. That's one of the reasons why our treatments are always based upon the latest research and technology that veterinary medicine can offer.