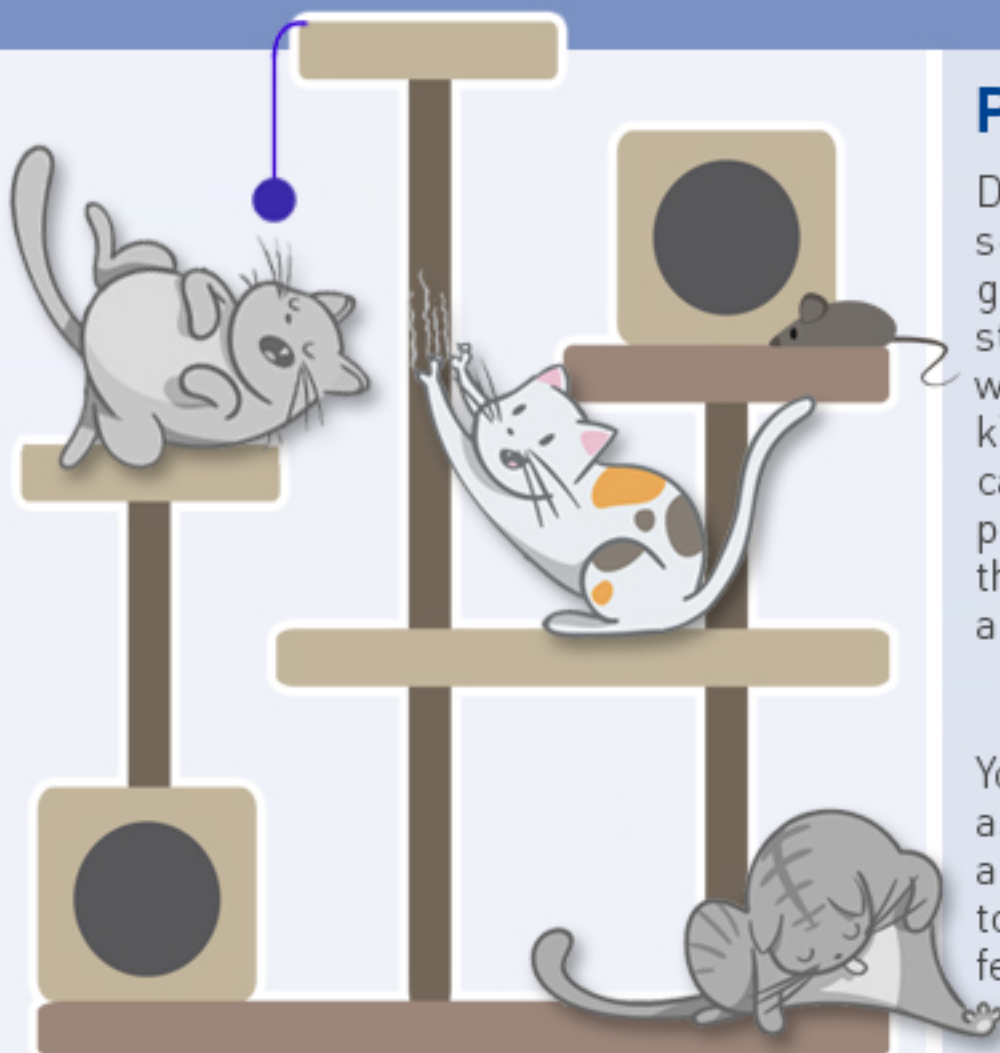


GETTING ENOUGH EXERCISE IN THE WINTER

Help your cat to stay active.

Like us, our pets can become less active when the weather outside is colder, blue skies are covered by clouds more often and the days are shorter.

Combat the natural desire to curl up in warm places by adding some fun to your cat's environment and encourage activity.



Playground

Dressing up your cat's scratching post, tree or general play area with strings and other safe toys will help trigger their inner kitten. Dangling feathers, cardboard planks and other playful things will encourage them to get up and move around.

You can also try moving an assortment of empty boxes around your home for them to explore. Move them every few days to engage their sense of curiosity.

Consult your veterinarian to help you customize any indoor play area. They can help to recommend toys that are both safe and appropriate for your cat based on their age and current health.

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