

Ready, Set, Exercise

Inventive games and your imagination can encourage your cat to exercise.

By Kristin A. Grant

Cats and exercise. Two words that don't seem to mix, especially since cats can sleep 20 to 22 hours per day, according to Joseph Taboada, a veterinarian and associate dean of the School of Veterinary Medicine at Louisiana State University.

Nonetheless, owners can facilitate feline exercise. "From a health standpoint, increasing activity certainly has the same benefits for cats that it does for us," Taboada says. To improve your cat's muscles, joints, bones and psychological well-being, implement these 18 activity-bolstering techniques.

****For the full article, pick up the January issue of CAT FANCY.****

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