

Shape Up!

Diet and fitness tips for you and your cats

By Caroline Shannon-Karasik

Chances are your cat will never ask you to pass the potato chips, but that doesn't mean that your unhealthy habits aren't affecting him just the same.

"I'm certain that there's a positive correlation between the health of pets and that of their owners," says Heidi Junger, PhD, a zoologist and owner of San Diego-based pet food company Onesta Organics. "I've seen firsthand that knowledge about and practice of better nutrition can improve the health of the guardian and her or his pet in relatively short order."

So, put the chips down, and check out these tips to learn how to include your favorite feline in your goals to get fit and healthy.

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