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## Your Community Blog

### Fat camps for obese pets are a thing now

by Lauren O'Neil Posted: July 3, 2014 3:07 PM | Last Updated: July 3, 2014 3:10 PM  
Categories: Community



**Morris Animal Inn** added a new photo — at **Morris Animal Inn**.  
Pet Service · 2,916 Likes · June 20 at 12:00pm · Morristown, NJ, United States · 🌐

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**CBC News Community team, from left to right: Andrew Yates, Lauren O'Neil, John Bowman**  
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Got a furry friend who could stand to lose a few? Cutting back on treats may be the solution... unless of course, you'd rather just send your dog to fat camp.

According to the Associated Press, a number of luxury pet hotels and spas in the U.S. are now offering customizing fitness programs for pudgy pets to slim down.

At the [Morris Animal Inn](#) in Morristown, N.J., up to 40 pets from all over the world can partake in a five-day-long "fat farm" program that includes everything from "pawlates" and "doga" classes (canine versions of pilates and yoga) to "treadmill trots." Activities are followed by organic granola treats.

The camp's itinerary also includes nature walks, swimming, and a pooch-friendly version of the game "Marco Polo" called "Barko Polo" in which staffers shout "barko" and give out toys to whichever dog yelps first.

If he's so inclined, Fido can even get a facial after his cardio sessions.

If he's so inclined, Fido can even get a facial after his cardio sessions to "wipe away organic food crumbs and exercise-induced slobber."

No, seriously.



**Morris Animal Inn**

Pet Service · 2,916 Likes · June 30 at 1:21pm · 🌐



Some pups take advantage of our warm whirlpool to help sooth those muscles. Our jets help to give that much needed soothing massage.

Like · Comment · Share · 👍 16 💬 1

It may sound indulgent, but for some owners, getting their pet back down to a normal weight is worth the \$249 US fee.

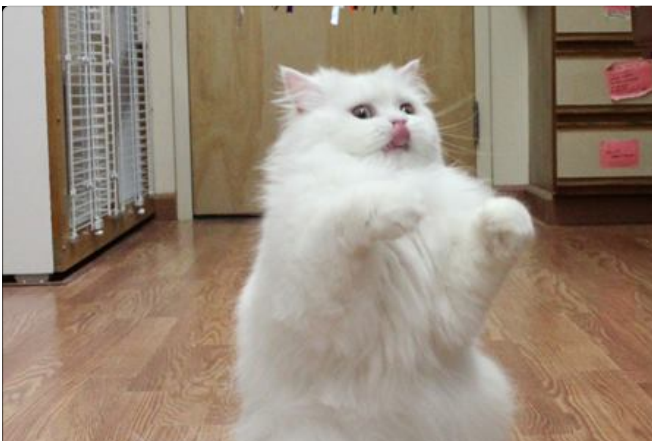
"We want her to be around for a long time," Eileen Bowers said of her golden retriever Ceili, who weighs more than 100 pounds.

Bowers, who lives in Bedminster, N.J., signed Ceili up for the Morris Inn's services when she hit a whopping 126 pounds.

Female golden retrievers typically weigh between 55 and 70 pounds, according to AP.

"Among all diseases that perplex the veterinary community and plague our population of pets, obesity has the greatest collective negative impact on pet health, and yet it is almost completely avoidable," said Dr. Ernie Ward, veterinarian and founder of the Association of Pet Obesity Prevention, [in a March press release](#). "We must start working together to fight obesity through knowledge and action."

According to the APOP, nearly 53 per cent of dogs in the U.S. are obese; among cats, 58 per cent are obese.



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Ask Dr. Karl (8)

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Canada (2301)

Community (3841)

Features (78)

Health (392)

Interview

News Promo (497)

Politics (716)

Science & Technology (699)

Sports (174)

Transparency (4)

World (1454)

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2014 (541)

▾ July (15)

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▸ May (72)

▸ April (86)

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**Morris Animal Inn**

Pet Service · 2,916 Likes · July 1 at 7:17am · Edited ·



Fluffy Jan

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The organization's website states that obese and overweight pets are at an increased risk for myriad diseases, including osteoarthritis, diabetes, high blood pressure, kidney disease, decreased life expectancy and many forms of cancer.

"The body of evidence indicating that obesity causes costly and painful conditions is clear," [according to Dr. Joe Bartges](#), a veterinary nutritionist and internist who serves on the APOP board. "Without the obesity risk factor in place, the likelihood of pets getting many serious diseases is inarguably reduced."

But is fat camp the cure for pet obesity?

According to Ward, extra treats and a lack of exercise are the main culprits when it comes to making pets obese in the first place.

He advises anyone who wants to send their pet to a fat farm to research the facility carefully to ensure it is safe and legitimate.

"Safety is more important when you are dealing with an overweight pet because they are more prone to injury and distress than a leaner, fitter pet," he said.

**Do you have an obese or overweight pet at home? Would you consider sending your dog to fat camp? Weigh in below.**

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**Sean S**

it is all about exercise, 3hrs a day for my pooch.. and tonnes of treats.

8 hours ago 0 Likes

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If people would feed a raw meat diet to their carnivorous pets, they wouldn't be overweight. My cat is nine years old and weighs 10 pounds -- the same weight when he was three years old. Crap-in-a-bag dry kibble is comprised mainly of corn (which a lion or wolf wouldn't eat), and we all know that a corn-based diet contributes to obesity.

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**blytz**

@brouha <"Crap-in-a-bag dry kibble is comprised mainly of corn (which a lion or wolf wouldn't eat), and we all know that a corn-based diet contributes to obesity.">

Many animals also have sensitivities to corn. Best to stay away from it altogether.

8 hours ago 1 Like

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**The S.S.Slops**

I wonder how many people have fat pets who are also fat themselves?

9 hours ago 1 Like

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**vanislandgirl7**

My dog was very overweight when I got her. You know what worked? The vet said limit her food and walk her - a lot. She went from 20 pounds to 12 (her ideal weight) that was 7 years ago and she hasn't gained it back.

9 hours ago 1 Like

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**Doctor Who**

fat dog = fat owner. walk your dog, no treats are required, minimize the food you give...and be happy. i wish i looks as good as my dog does actually... her cottage weekends are much more invigorating for her than for me:)

10 hours ago 2 Likes

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**redbrew**

maybe both the pet and the owner should go for a walk twice a day.

10 hours ago 5 Likes

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**Spades!!**

This is ridiculous!! People take responsibility for your pets and keep them healthy. That is your job! It is really sad that services like this have to be made available. Very sad commentary on the human race!!!

11 hours ago 3 Likes

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**Commenter**

A lot of people feed their pets because they feel guilty for not taking care of the pet properly. I know people that leave their extremely obese lab in the yard all day, and often all evening, and weekends (What's the point in having a dog!?), but then clearly smother the dog with "love" (food) when they find the time. Take your dog out for a short walk instead of giving him/her a treat. They'll love it even more, and be healthier.

12 hours ago 3 Likes

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**Darch**

If you let your pet get fat, it should be taken from you! You obviously don't understand pets need to move and eat right.

13 hours ago 2 Likes

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**TheYokel**

I know for people it can be hard to curb their own eating desires, but really, if you care for your pet you can just say no when they beg for more. What are they going to do, open the can themselves?

14 hours ago 0 Likes

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