

## A little Note from Max About New Year Resolutions

Firstly I would like to apologise for missing the deadline for the previous edition. I could roll out a host of excuses for failing to put paw to laptop, however I might stick with 'the dog ate my article' line. The old ones are the best! Well I think so anyway as I am now an elderly statesman, I will be 12 this year!



with me. I am going to get over my pride and ring them this week to book an appointment! I must strike whilst the iron is hot.

### Feel the Burn

Burning more calories involves exercising. The only way to increase calorie use is to get my ageing muscles to do more. This will have the added benefit of toning up my muscles which will then be able to take the fight to gravity and make me less saggy. My carer has warned me that it is important to not go mad immediately otherwise everything will ache too much and I might stop doing it. His advice is to start gently by increasing the time on walks or by going on more walks. I am going to book my weight clinic appointment and then I am going to pester my carer to take me on a walk. I will ask him about arthritis to share with you next time.

### Book Your Free Weight Clinic

Every year it is becoming increasingly difficult to keep lean and mean. My fat cells seem increasingly keen to swell up and my muscles do not seem to be as able to resist gravitational pull as they once were. In short I am getting fatter and saggier, this is always a bit worse after the Christmas excesses.

This is not good for many reasons: self esteem, vanity, etc, etc, but mainly for health reasons. My carer informs me that there are a whole host of conditions which can be affected by being overweight. They include arthritis and diabetes amongst many others.

There are two ways of dealing with being overweight. One is to consume fewer calories and one is to burn more calories. There is no easy shortcut! Consuming less is relatively straightforward, basically I either have to eat less of the food I am currently eating or I could change my food to a diet, which has fewer calories per mouthful. That way I could eat the same amount but actually consume fewer calories. My carer tells me the practice nurses offer free weight clinics where they can discuss my options

### Please Email Max

I still have my very own email address. Sadly it has been used only once when the kind editor emailed me to remind me of a deadline! Please feel free to email me with stories, ideas for articles or pictures; my carer might be able to put them on the practice website.

My email is [max@stowvets.co.uk](mailto:max@stowvets.co.uk). My carer and his colleagues can be contacted on: 01451 830620 if you would like to talk about my ramblings.

I look forward to hearing from you.

**Max, the vet's Shih-Cairn**