

FOR IMMEDIATE RELEASE

Woof-Friendly Resolutions

NAPPS Encourages Pet Parents to Commit to a Healthier New Year with Fido in Mind

MOUNT LAUREL, N.J., December 10, 2012 – This holiday season, as others are toasting to healthier and wealthier futures, The National Association of Professional Pet Sitters (NAPPS) is urging pet parents to make a commitment to their furry family members—NAPPS is encouraging pet parents to set a resolution for the New Year that will improve Fido or Fluffy’s health, comfort and wellbeing.

According to a recent study by the Association for Pet Obesity Prevention, approximately 53% of cats and 55% of dogs are overweight or obese; the best way for pet parents to protect their furry family members from obesity is to maintain a healthy diet and regular exercise routine.

“To help keep pets healthy, it’s important to stick to a schedule and create a daily routine for both you and your animal,” said John D’Ariano, president of NAPPS. “Consistency is key when it comes to caring for animals. Allow your pet to know what to expect each day—whether it’s time to eat or time for exercise, help your pet adjust to a schedule that will benefit his health and overall wellbeing.”

NAPPS offers these tips for pet parents to help pet parents create a healthier 2013 for their furry friends:

- Reward Fido or Fluffy with a treat, but don’t give in to begging animals. Treats should not be consumed as meals.
- Take your pet pal for a walk and map out a new route or trail to explore
- Hire a professional pet sitter to help maintain your pet’s feeding and exercising routine when you must be away from home.
- Make time for morning exercise! Treat both you and your pet to a beautiful sunrise and a walk around the block before work.
- When you’re stuck at the office after hours, Fido and Fluffy can still get the attention, exercise and care they need. A professional pet sitter can work with you to ensure that your pet pals are keeping up with their resolutions for a healthier year ahead.

With each New Year there are opportunities for improvement. This holiday season, make a resolution worth keeping and promise your pet pal a healthier and more active lifestyle.

About NAPPS: NAPPS is the only national non-profit trade association dedicated to serving the needs of professional pet sitters. The Association aims to help the pet owning public, those interested in pet sitting, and professionals engaged in the in-home pet care industry by fulfilling its vision statement, serving as “the most respected authority in professional pet sitting.” It does so by providing the tools and support to foster the

success of its members. Additionally, pet parents can benefit from NAPPS' free resources including a disaster preparedness guide, tips on how to select a pet sitter, and a nationwide referral service,. To find a pet sitter in your area, check out NAPPS' nationwide "Pet Sitter Locator" at www.petsitters.org. For more information on NAPPS, please follow [@TheNAPPS](https://twitter.com/TheNAPPS) on Twitter or join us on Facebook at facebook.com/TheNAPPS.

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