While your pet doesn’t need to worry about looking good in a bathing suit, maintaining the right weight has an important impact on his or her overall health. According to the Association for Pet Obesity Prevention, an estimated 93 million cats and dogs in the US are overweight or obese. Health risks associated with being overweight include type 2 diabetes, high blood pressure, heart and respiratory disease, osteoarthritis, hypothyroidism, and decreased life expectancy of up to 2.5 years.

Here’s an overview of what to be on the lookout for with your pet’s body weight:

**Very thin**
- Ribs: Easily felt with no fat cover
- Tail Base: bones are raised with no tissue between the skin and bone
- Side View: Severe abdominal tuck
- Overhead View: Accentuated hourglass shape

**Underweight**
- Ribs: Easily felt with little fat cover
- Tail Base: Bones are raised with minimal tissue between the skin and bone
- Side View: Abdominal tuck
- Overhead View: Marked hourglass shape

**Ideal**
- Ribs: Easily felt with slight fat cover
- Tail Base: Smooth contour but bones can be felt under a thin layer of fat
- Side View: Abdominal tuck
- Overhead View: Well-proportioned lumbar waist

**Overweight**
- Ribs: Difficult to feel with moderate fat cover
- Tail Base: Some thickening but bones can be felt under moderate layer of fat
- Side View: No abdominal tuck or waist
- Overhead View: Back is slightly broadened

**Obese**
- Ribs: Difficult to feel under thick fat cover
- Tail Base: Thickened and difficult to feel under a prominent layer of fat
- Side View: Fat hangs from the abdomen and there is no waist
- Overhead View: Markedly broadened