

Fitness Unleashed for You and Your Dog

New book helps owners and pudgy pets lose weight.

Maureen Kochan

The stats are in over 65 percent of all Americans, and 40 percent of American dogs, are overweight.

In an effort to get people and their pets moving again, veterinarian Marty Becker and obesity expert Robert Kushner, M.D. wrote *Fitness Unlimited*, a guide to exercising and losing weight with your dog.

The book was inspired by a landmark Hills study that showed people and their dogs are more successful at staying with a weight-loss program when they exercise together. The one-year study tracked dogs and their owners on a low-calorie diet and exercise plan. The human participants lost an average of 11 pounds or 5 percent of their initial body weight and the dogs lost an average of 12 pounds or 15.6 percent of their initial body weight.

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