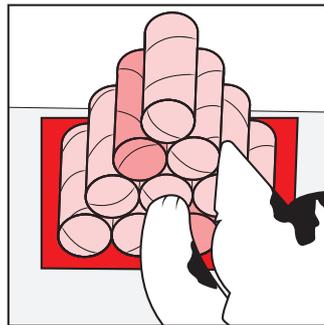
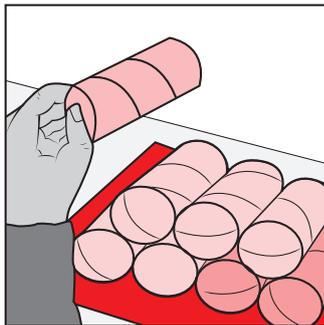
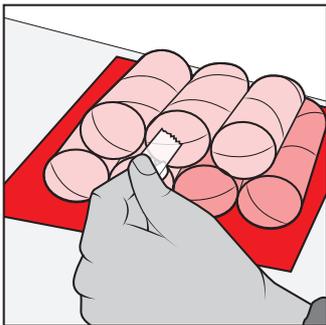


# The Five-a-Day Felix Plan

## 5 Stages To Keeping Your Cat Healthy

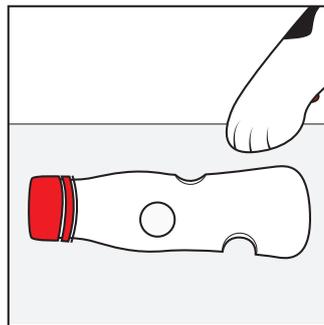
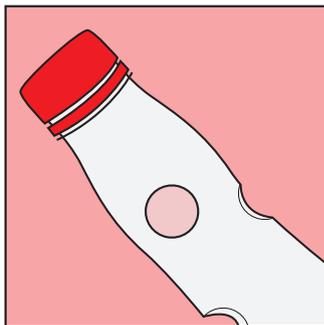
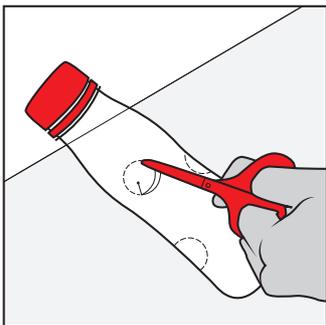
Whilst our new year's resolutions to lose weight and exercise more might be a distant memory, scientists are now urging the UK's cat owners to consider their feline friends and help them beat the festive bulge. This diet and lifestyle plan, which has been designed purr-fectly for cats by Feline Behaviour specialists Dr Sarah Ellis and Dr Lizzie Rowe, promises to produce results in **as little as three weeks**.

- 1. Five portions a day** - In order to mimic the cat's natural feeding habit of eating little and often owners should divide their cats' daily food ration into a minimum of five portions, which should be fed throughout the 24-hour period.
- 2. Change the location of their food** - Placing a portion of food in a different location to the last will enable cats to engage their senses in searching for the food.
- 3. Night-time feeding** - A great thing about puzzle feeders is that they can be filled with food ready to be left for a cat during the night or when you're out of the house.
- 4. Water** - It's important to provide cats with fresh water every day, especially if you choose to feed only dry food. Cats also prefer to drink away from their food.
- 5. Puzzle Feeders**



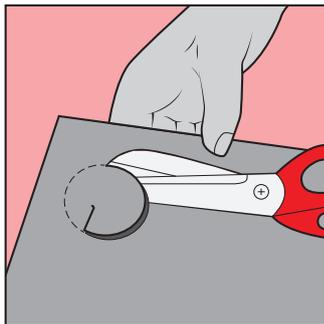
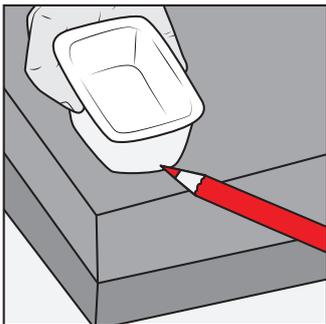
### Toilet Roll Pyramid (Dry Food)

This puzzle feeder requires around 10 rolls of toilet roll stuck into a pyramid shape using tape. It allows your cat to use its paws to fish out the food from inside the feeder.



### Bottle Puzzle Feeder (Dry Food)

This simple puzzle feeder just requires holes being made into the plastic bottle for your cat's food to come out.



### Multifaceted Puzzle Feeder (Wet & Dry Food)

This requires a shoebox and yoghurt pots. This gives your cat the chance to fish out its food using its mouth, tongue and paws.

