

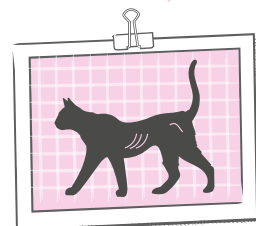
# Signs of obesity in cats

Trying to get your cat to **stay still on the scales** can prove to be **quite a challenge**. You can usually tell if you're living with a cat with obesity just by looking at them.

*Where does your cat fall on the scale below?* ↓

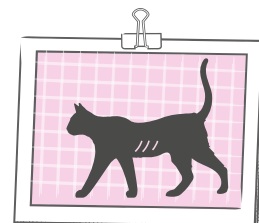
## 1. Very thin

Ribs, spine and pelvic bones are very visible. Bones can easily be felt as there's no fat cover. A big dip after the ribcage.



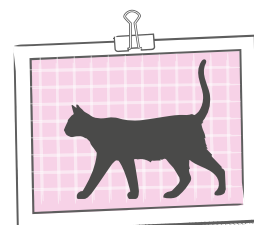
## 2. Under weight

Ribs, spine and pelvic bones are visible. Ribs can be felt while stroking without much pressure. There's an obvious waist and abdominal tuck.



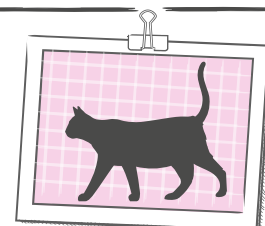
## 3. Ideal weight

Ribs and spine can be felt but not necessarily seen. Ribs can be felt while stroking without much pressure. A waist can be seen when viewed from the side and from above.



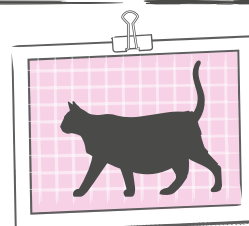
## 4. Over weight

Ribs cannot be easily felt as there's some fat padding. The waist is starting to disappear and looks quite pear-shaped from above.



## 5. Obese

Ribs are very difficult to feel with some obvious sag in the abdomen. There is no visible waist when viewing from the side or above.



**For more advice on cat health [click here](#)**

We recommend you consult with your vet before embarking on a weight-loss programme for your pet.

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