

# Keeping Your Adult Shih Tzu healthy Cheat Sheet

**Food:** your Shih Tzu will need at least two meals every day. Give them a morning meal of 1/4 cup NOW Fresh kibble (or similar) and an evening meal of 1/2 cup NRG Raw dehydrated dinner, plus a lunch time dental treat and a few healthy treats throughout the day. Depending on their activity level, if they are overweight, feed less, or if they are underweight, feed more.



**Grooming:** you will need a 4-5" pair of blunt tipped scissors to keep the hair trimmed away from your Shih Tzu's eyes and to trim the hair around their paws. Trimming nails at least once a month and bathing at least once a month, and if they are kept in a short cut, a full grooming every six weeks, will keep your Shih Tzu looking and feeling their best.



**Teeth Care:** brush your Shih Tzu's teeth at least once every day to help keep the teeth white and free of plaque and the gums healthy. Get them slowly used to the sensation of an electric toothbrush which will do a superior cleaning job. Give your Shih Tzu a dental snack for lunch each day as this will help to massage their gums and keep the teeth clean and free of plaque.



**Daily Exercise:** your Shih Tzu will need to be taken outside at least three times every day for a leisurely 20 or 30 minute walk so that they can relieve themselves and explore the world. If they are healthy, longer walks and more exercise will ensure a happy senior life.

Protect your dog's eyes with Doggles™. The correct size for your adult Shih Tzu will be the small size. When you first put on the Doggles™ your dog will likely fuss to try and scratch them off, so immediately distract them by taking them outside for a walk., because if they are walking, they cannot use their paws to try to scratch the Doggles™ off. Go slowly, and only keep them on for a minute or two the first time, and build up until they no longer try to get them off. Praise them and give a treat when they do not scratch to try and remove the Doggles™.

