

7 Tech Tools for Pet Health and Fitness

These digital resources will help your pet stay safe and sound

By Paul Mann

Pet owners have more information and resources available to them than ever before. You may have sought out some of these tools already, but when it comes to the fitness, nutrition, and overall safety of pets, owners should utilize all of these resources that promote a healthy and positive pet lifestyle.

1. Internet Calculators

Body mass index can be a reliable indicator of your dog's body fat levels. Checking BMI information with online calculators is a simple way to check your pet's health. Other useful calculators include The Feline Calorie Calculator, which can be found at petsci.co.uk. This calculator determines how many calories your cat needs to help manage or avoid an obese condition. The Dog and Cat Stress Calculator, also available at petsci.co.uk, helps owners who are concerned Fido or Felix might be too stressed out. Head to petmd.com for a Chocolate Toxicity Meter that will let you know how much theobromine and caffeine your dog has consumed and the symptoms that may follow.



2. Online Quizzes

Do a quick search for obesity quizzes, and try out a few to help you determine if your pet is suffering from a weight problem. There is an online quiz from Dr. Oz that lets you determine your pet's health in just a few clicks. One interesting quiz helps you determine if your puppy has separation anxiety, which can put many behavior and pet care concerns into perspective. There are also quizzes available for small pets such as rabbits and guinea pigs.



3. E-Books

There are a myriad of handy, quickly accessible, and more transportable e-books that provide useful information on a number of topics. Simply download a title to your Amazon Kindle or other device, and you'll have so much information available to you.

6. Videos

The Internet is rife with helpful videos about everything from the benefits of pet health insurance, to what you need to know about intestinal parasites. Pet safety videos about topics such as product testing and safety are useful as well.

7. Gadgets and Gear

Advanced camera technology allows owners to remotely monitor their pets from any computer or device. Head to pettracker.com to find handy pet tracking systems that will enable you to monitor your animal's activity at all times. Technology has also led to changes in pet feeding systems. Owners can buy a wireless tag which attaches to a cat's collar that regulates the food intake of one or more cats. This app ensures the pet is eating the correct amount, and also keeps multiple cats away from each other's food. New water fountain and filtration systems provide pets with fresh, clean water that is free of chlorine and sediment.

4. Apps

All pet owners who need veterinary advice for everyday emergencies should download The American Red Cross Pet First Aid app to their devices. Another app I recommend is PetMD Symptom Checker, which provides owners with answers to hundreds of questions relating to dog and cat health. The Dogs Nutrition Calculator – Puppies and Dog Training Food Health Guide puts helpful calculator tools and nourishment information at your fingertips.

5. Specialized Search Engines

More specialized search engines can greatly expedite and streamline a search process, which can be crucial if your pet is experiencing a medical situation. PetMD has a great search engine. Owners choose dog or cat, select symptoms, and then click on many available articles that may apply.

*Paul Mann is the Founder and CEO of Fetch! Pet Care.
Find out more online at www.FetchPetCare.com.*