

## Exercise

Rabbits need safe activities to keep their bodies and minds healthy. Healthy outlets must be provided to bunnies for indulging their desire and need to chew, dig, climb, fling, hide, hop and run.

Provide your bunny with lots of toys and a large bunny proofed area to roam. Toys do not have to be expensive or even bought.

Here are some suggestions:

- Empty toilet or paper towel tubes
- Paper bags with or without bunny treats in them (make a bunny pinata)
- Cardboard boxes and construction concrete forms made into condos and tunnels and frequently rearranged
- Stuffed animals without parts that can be chewed off and choked on
- Hard plastic rattles, keys and rings
- Fleece towels/blankets (watch for signs of chewing)
- Untreated apple or willow branches
- Untreated wicker, grass baskets or mats
- Pine cones washed and dried for at least 4 months

*The key to keeping me trim, is lots of fun distractions!*



Come visit us at  
[www.rabbitrescue.ca](http://www.rabbitrescue.ca)

*Your complete source for everything you need to know about bunnies and **SO** much more!*



- **Adoptable animals**
- **Proper care information**
- **How you can help**
- **About Rabbit Rescue**
- **Rabbit Rescue Store!**



**For serious inquiries only please contact:**  
Haviva Lush [haviva@rabbitrescue.ca](mailto:haviva@rabbitrescue.ca) 519.651.2345

## Obesity



Rabbit Rescue Inc.

**Did you know?** Keeping a rabbit mentally stimulated is just as important as feeding your rabbit.

**Did you know?** Rabbits need a minimum of 4 hours exercise a day.

[www.rabbitrescue.ca](http://www.rabbitrescue.ca)

Providing homes for Ontario's rabbits...  
One bunny at a time!

# Obesity

*Domestic rabbits are often overfed by their owners. Your rabbit needs a good diet and plenty of exercise for good health.*

## **OBESE RABBITS:**

- Have high resting heart rates
- Have a difficult time grooming themselves
- Often cannot reach to consume their caecotrophs (cecal) required to help maintain their health
- Have an increased risk of arthritis
- Are more prone to having sludgy urine or cystitis
- Are more prone to sore hocks
- Are at risk of developing cardiac hypertrophy and hypertension
- Are at higher risk going under anesthetic

## Balanced Diet

### **A BALANCED DIET INCLUDES:**

1. **HAY** - unlimited amounts
2. **VEGETABLES** – 2 cups per 6 lbs of weight serving  
3 or more kinds daily
3. **PELLETS** – 1/4 cup per 5 – 7 lbs  
of bunny
4. **FRUIT/TREATS** – 1 – 2 tbsps  
per 5 lbs of bunny

### **AVOID:**

1. Nuts, seeds, corn – high in fat
2. Sugar and dairy – rabbits are vegans
3. Human snacks – not suited for rabbits
4. Chocolate – toxic for bunnies



## Changing Diet

When changing your bunny's diet it is essential that you make changes slowly! Monitor your bunny to make sure he or she is eating as some will refuse at first if they are not offered their favourite foods.



### **PREFERRED FOODS:**

**HAY** - Grass Hays Like Timothy, Brome, Oat and Orchard

**VEGETABLES** - Romaine, Red, or Green Lettuce, Parsley, Basil, Dill, Dandelion, Carrot tops, Endive, Escarole

**PELLETS** - Timothy based pellets

**FRUIT/TREATS** - Banana, Strawberries, Watermelon, Apple, Papaya, Dried cranberries, Carrot

*Over feeding is the leading cause of obesity in rabbits*

*Want to help animals in need but can't adopt?*

For a donation of \$50 or more, you will receive a certificate and a photo of a bunny in our care. The proceeds will then go towards their spay/neuter or any medical care 'your' bunny may need.



☐ I'm enclosing my cheque for \$ \_\_\_\_\_  
to Rabbit Rescue Inc.

Name: \_\_\_\_\_

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City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

☐ This donation is a gift.  
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Please detach and mail your donation to: RABBIT RESCUE INC.,  
101 Holiday Inn Drive PO Box 29143 Hespeler PO Cambridge, ON N3C 0E6

*Rabbit Rescue Inc. is a registered charity (86095 9824 RR0001) and provides tax receipts. Your generous donation is desperately needed to keep our rescue running!*

Your donation helps save animals lives and they *thank you* for your support.