

VANQUISH

villainous vices

WITH NATIONWIDE® PET INSURANCE!



With Nationwide pet insurance, you can focus on unleashing your inner action hero instead of worrying about unexpected vet bills

How much daily exercise do action heroes need?¹



You:
20-30
minutes



Your dog:
30
minutes



Your cat:
10-15
minutes

Humans need to torch **3,500** calories to lose 1 pound



Defeat those dastardly donuts!

Pound the pavement for 30 minutes to pulverize up to 300 calories and unleash your pet's pent-up energy!



Pounce on power-packed playtimes!

A vigorous 30 minutes of fetch gets your heart rate up and can burn up to 200 calories. So keep your pet on his toes and show those tennis balls who's boss!



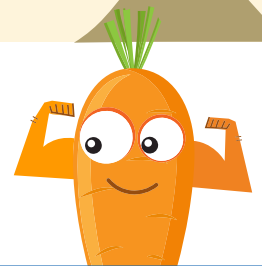
Summon the secret of ultimate strength!

An hour of hoofing it up hills hones your heart health, burns up to 450 calories and helps turn your pet into a powerhouse on four paws!



Make mincemeat of unhealthy meals!

Hidden deep within the dark caverns of your fridge lie nutritious foods for you and your pet—like carrots and sweet potatoes!



Think again! **95%** of pet owners incorrectly identified their pets as being a normal weight.²



Lean dogs live **15% longer** than dogs who eat more food³



1 premium pig ear = **6 twelve ounce colas**²



ACTION PLAN for super strength



You:
Physical checkup every year



Your pet:
Veterinary exam every 6-12 months



Protect your sidekick's health with **coverage from Nationwide** and get cash back on wellness checkups, vaccinations, injuries and more



Be an action hero for your pet. Get a quote on pet insurance and receive preferred pricing through your employer!

PetsNationwide.com

¹Humans: Moderate physical activity; specific needs vary by individual; consult your doctor before making changes to your diet or starting a new exercise regimen. Pets: Moderate physical activity; specific needs vary by pet's age, breed, size and health; consult your veterinarian before making changes to your pet's diet or activity level.

²Association for Pet Obesity Prevention.

³"Effects of diet restriction on life span and age-related changes in dogs." Journal of the American Veterinary Medical Association, May 2002.

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