

Obesity

Overweight and Obesity is a huge issue with Leos in captivity. Many believe it's cute when the Leo is „chunky“ and completely ignore the possible health issues coming with obesity.

As you might've already read in the „health issue“ file: Overweight can cause severe organ damage. A fatty liver is the most common cause of death in overweight leos.

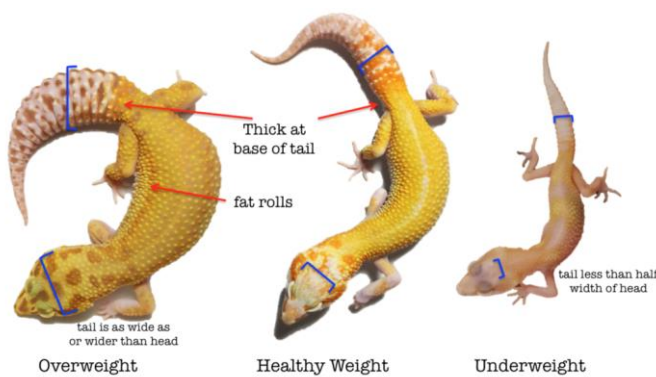
But what do you do if your leo is overweight?

Your instinct might tell you too just make a break when it comes too feeding. However if the leo gets food less often the metabolism will adjust to that and then once the leo gets food again it will gain even more weight (comparable to a Yo-Yo effect with a human diet) So don't just stop feeding but feed regularly but less insects. Also not as rich and fatty insects. Maybe rather some crickets instead of fat worms.

Also you shouldn't bowl feed. Maybe use a tong and let the leo hunt a bit so it's also moving and not just sitting in one spot and waiting for the human to deliver food.

Keep in mind that there is no number to tell if the leo has a good weight. It's more about the look of the leo and the proportions. I have a male at nearly 75g and a female at around 50g. and both have a good weight for their body.

Also in some situations a bit more weight is beneficial (NOT obese though). Like before breeding or before brumation to make sure the leo has enough energy for that time.



<https://www.goldgeckos.org/choosing-a-healthy-leopard-gecko/>

Main Sources used:

„Leopardgecko“ by Karsten Grieshammer and Gunther Köhler

<https://www.der-leopardgecko.de/>