

Is HIGH-ENERGY or *laid-back* right for you ?

Are you looking for a cat who will play with you and your children and spend the day roaming the house or farm with other pets? Or do you want an affectionate lap companion who will cuddle with you in the evenings and sleep while you're out during the day? Your answer can help you decide what type of cat to adopt.

Great balls of fire

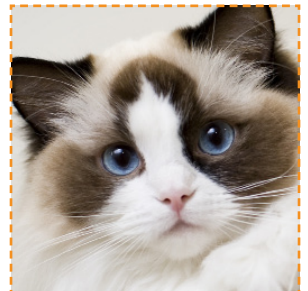
Kittens are much more energetic than mature cats, just as you'd expect. From there, the amount of energy your cat expends depends on his breed.

- > If you want a cat who will play all day with your energetic children, consider such breeds as the Bengal, Abyssinian, Egyptian Mau, Japanese Bobtail, Ocicat, Russian Blue, Siamese, and Balinese.
- > In general, you can expect these cats to initiate play several times a day, so don't be surprised when your kitty starts his morning by pouncing your toes when they stick out of the covers and batting the newspaper as you read during breakfast.
- > Keep in mind that although it's easier to predict the general nature of purebred cats, your pet's early experiences and personality can make a difference in the level of activity he maintains.

Languid lap loungers

Looking for a relaxed feline? Check into American Shorthair, Birman, Burmese, British Shorthair, Exotic Shorthair, Himalayan, Manx, Persian, and Ragdoll.

- > One potential downside of a lazy-daisy cat: Less exercise can make your cat more likely to put on a paunch as he ages. To head off this problem, you may need to initiate some playtime once or twice a day to give your cat the exercise he needs to stay healthy.
- > Most Domestic Shorthairs are neither extremely energetic nor particularly lethargic, although energy-levels vary from cat to cat. Check breed books and consult your veterinarian for more information about the energy levels of different breeds.



Your best bet is to decide which energy level will best fit your household. Then spend time with any cat you're considering adopting to see if he seems playful or calm. You want to make sure the cat will suit your lifestyle and that you can commit the time it will take to satisfy your pet's exercise requirements before you bring home your fuzzy new friend.