



## OUR FURRY FRIENDS CAN HELP US LIVE HAPPIER, HEALTHIER LIVES. WE TAKE CARE OF OUR PETS, AND THEY TAKE CARE OF US!

### Take the weight off.

Pet owners tend to have less of a problem with being overweight than people who do not have pets. Dog owners are also more likely to reach fitness goals, as they increase your opportunities for exercise and outdoor activities.

### Help your heart.

Studies have shown that interaction with pets (from petting a cat to watching a goldfish) can decrease blood pressure. What's more: that extra exercise you get with certain pets helps to lower cholesterol levels.

### Ease your allergies.

Studies suggest that children who grow up with multiple animals at home during their first year of life are less likely to have allergies and wheezing. However, this protective effect is stronger for those who own pet dogs than cats, and for children who are with those animals daily rather than only visiting occasionally.

### Keep in touch.

One study showed that those who owned dogs were more likely to say they were socially connected in their community and know their neighbors than those without dogs. A pet dog gives you a reason to get out of the house, is a great conversation starter, and provides ways to bond with other people.