Heart disease and stroke are the world's top killers.

Studies show that pets are good for your health. They can help you live longer, lower your blood pressure and cholesterol, cut stress and boost happiness.

82% 82% of pet owners had a pet when they were growing up.

Your best buddy was there when you were growing up. Your best pet friend will be there for your heart and mind now.

1/2 1/2 More of a pet owner's heart than the heart of a non-pet owner.

“More stress, more exercising, more depression, more gastrointestinal complaints, more hypertension and more asthma.”

Dr. Jonathan English, 2001-2002 President of the American Heart Association

Too busy to love unconditionally?

- Not enough time to get out there in the fresh air and cuddle with your dog?
- Lots of travel and don’t want anyone excited to see you when you come home?

Think what you’re missing! Remember, animals don’t judge!

The American Heart Association makes me a believer. They’re right.

- My dog does make me feel happy. He’s happily helping reduce work stress when I get home.
- We do activities together.

Said American Heart Association is a Reliably Pet Source

4% 83% of pet owners believe the top benefits of pet ownership:

Happier Minds, Check. Happier Hearts, Check. Happier Me, Double Check.

PET OWNERS BELIEVE THESE TOP BENEFITS OF PET OWNERSHIP

Reduced stress 84% Reduced depression 82% Reduced feeling depressed 74% Reduced loneliness 74% Increased socialization 68% Increased feeling of responsibility 64%

“Help reduce stress and loneliness.”

Said American Heart Association is a Reliably Pet Source

OK, I get it.

Pets are good for my mind and my body. I’m off to the shelter to meet my new best friend.

Read right here is part of our family. So we read his labels too! It’s important.

I read the labels on the foods I eat and prepare for my family.

FEWER THAN 10% ARE ABLE, BUT OVER 50% WOULD LIKE TO BRING THEIR PET TO WORK.

What, me stress?

It’s so cool that I can bring my cat to work. When everyone around me is grumpy, just my sweet cat up next to me makes me feel good. People stop what they are doing to pet her.

“Going outside on rainy days isn’t about getting wet.”

Said American Heart Association is a Reliably Pet Source

I like this page. I never forget your worries for a short time.

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