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

• Pet companionship may provide important social support and is a powerful tool in helping you change behaviors that lead to weight loss. It can also provide benefits in patients with cardiovascular disease.

• Overall, pet parents tend to live longer than non-pet owners.

• Dog parents are more likely to fit in the recommended level of physical activity than those who don’t have a dog.

"You cannot ignore pets needs, you have to walk the dog, which means exercise that improves your mood."

- CONSUMER RESPONSE

"(A) pet can get you to forget your worries for a short time."

- CONSUMER RESPONSE

"Honestly, happiness. Too busy to be loved unconditionally? Nothing makes me happier than coming home to my dog everyday."

- CONSUMER RESPONSE

"I read the labels on the foods I eat and prepare for my family. And Spot here is part of our family. So we read his labels too! It’s important.

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

- CONSUMER RESPONSE

"My dog does make me feel happier. He certainly helps reduce work stress when I get home.

We love doing selfies together.

- CONSUMER RESPONSE

FAR MORE MILLENIALS READ LABELS ON PET FOODS 73% HAVE THEIR MICROCHIPS/REGISTERED

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

What, me stress?