LESS STRESS. LOTS OF LOVE.

Best Friend Fridays™ celebrate our pet companions who are always there for us — helping us handle stress and boosting our physical and mental health. Having a pet is a Healthy Bond for Life™ that may help you live a longer, healthier life! (And we’ve got the science to prove it.)

PETS CAN HELP YOU:

- Deal with stress
- Get more exercise and meet fitness goals
- Feel less lonely and isolated
- Lose weight
- Lower blood pressure and cholesterol levels
- Recover after a health event

 Owning a dog can help prevent chronic conditions such as DIABETES and DEPRESSION, and simply petting a dog HELPS LOWER BLOOD PRESSURE.

DURING THE PANDEMIC

According to a Rover survey

53% of U.S. adults got a new dog
32% got a new cat
14% got both

said their “pandemic pet” improved their mental and/or physical well-being.

80% said it made working from home more enjoyable, and they were able to bond with their pet more during this time.

40% of pet owners feel anxious about leaving pets at home if they go back to work in person.

44% would consider changing jobs for a pet-friendly workplace.

37% would give up vacation time and take a pay cut to bring their pet to work.

At work or at play, pets are the best.

Take time each Friday to celebrate your pets and all they add to your life and post a photo or video using #BestFriendFridays!

Having a pet around while working can help:

- Reduce stress
- Increase productivity
- Improve employee satisfaction, teamwork and collaboration

Learn more about Healthy Bond for Life’s Best Friend Fridays at heart.org/pets