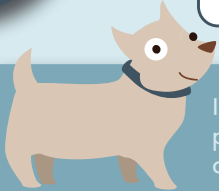


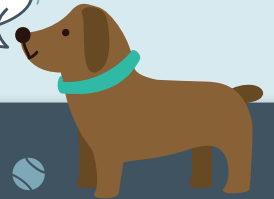
# HEALTH BENEFITS OF HAVING A DOG

HEART HEALTH

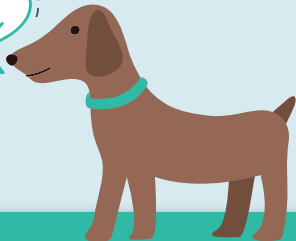


In a 2009 study conducted at the UCLA Medical Center, heart failure patients who came in contact with therapy dogs for 12 minutes a day demonstrated notably reduced blood pressure, heart rate and anxiety.

LONGEVITY



PREVENT KIDS' ALLERGIES



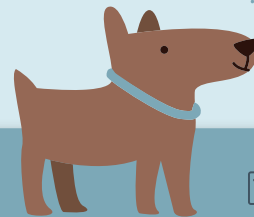
Risk of death  
↓ 33%

Risk of CVD  
↓ 11%

A 12-year study of over 3.4 million participants showed that those living alone with a dog had a 33% reduced risk of death, and an 11% reduced risk of cardiovascular disease, than people who lived alone without a dog.

According to research conducted at the University of Wisconsin, exposure to dogs in infancy especially around the time of birth can actually influence children's immune development and reduce the risk of allergies.

LOSE WEIGHT



📦 -14.4 lbs. in a year!

A 2010 study discovered public housing residents who walked "loaner" dogs five times a week lost an average of 14.4 pounds over the course of a year.

STRESS AND IMMUNE SUPPORT



Studies show that interacting with a dog for just 5 minutes can reduce stress and positively affect immune function.

STAY MORE ACTIVE



+2,760 steps per day! 🐾

According to BMC Public Health, adults who own a dog walk about 23 minutes longer and 2,760 more steps each day than non-dog owners.

DISABILITY SERVICES



Trained service dogs can benefit people with disabilities by increasing mobility and promoting independence. Service dogs can also be trained to alert diabetic people to dangerous changes in blood sugar levels, can sniff out certain cancers and can warn people with epilepsy of an impending seizure.

