



Health Benefits

Nothing compares to the happiness and joy a companion animal can bring to your life.

There is also a connection between pet ownership and well-being.

Not only do pets bring unconditional love, loyalty, and companionship to you and your family, but there are a number of health benefits of owning a pet (physical, mental, and emotional).

- Encourages physical activity and being outdoors
- Improves emotional health and reduces stress
- Increases sociability and helps instill principles of healthy behavior (compassion, empathy, and responsibility).
- Early exposure to pets may protect children from developing allergies and asthma.

