



American Heart Association®

Healthy Bond for Life™

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



PETS MAKE WORK BETTER



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

80% said it made working from home more enjoyable.

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