



American Heart Association®

Healthy Bond for Life™

The DOGtor Knows Best

Spending time with pets is proven to boost your physical and mental health.



Sleepy?

A quick cat nap will help you reset your energy and mood.

Lonely?

Pets help us feel less social anxiety and interact more with other humans.

Sad?

Pets can help their owners with anxiety and depression.

Restless?

Get out there — your dog will be thrilled to go for a walk, run or a game of fetch.

Bored?

Owning a pet can add to a sense of purpose and meaning in life.

Stressed?

Petting your furry BFF can immediately lower blood pressure.

To learn more visit www.heart.org/pets