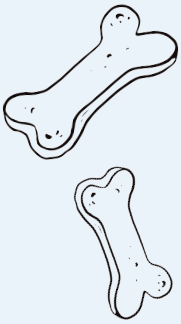
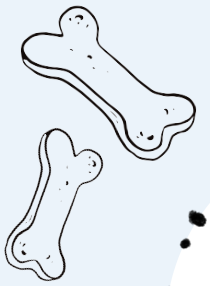


Pawsitive Health Perks



Whether they're greeting you at the door, joining you on a walk, or simply curling up beside you, dogs do more than just steal our hearts—they boost our overall well-being! From physical activity to emotional support, spending time with a dog can have a powerful impact on your health.



Health Benefits of Having (or Spending Time With) a Dog:

Keeps You Active & Supports Heart Health
Regular walks help you stay active while supporting healthy blood pressure and cholesterol levels.

Encourages Routine & Purpose
Daily care—like feeding and walks—adds structure and a meaningful sense of responsibility.

Promotes Social Connection
Dogs naturally bring people together, whether you're out walking or visiting dog-friendly spaces.

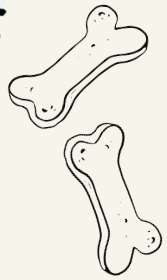
Supports Immune Health
Exposure to pets may help strengthen your immune system and reduce certain allergies.

Encourages Mindfulness
Dogs help you slow down, be present, and enjoy simple moments like playtime or a walk outside.



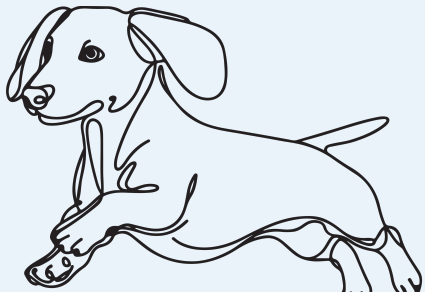
Did You Know?

Spending time with a dog can increase oxytocin, the same "bonding" hormone that promotes feelings of connection and trust.



No dog? No problem!

You can still enjoy the benefits of canine companionship by volunteering at a local shelter, offering to walk a neighbor's dog, pet-sitting for friends, or visiting dog-friendly parks. Even a little time with a furry friend can boost your mood, reduce stress, and get you moving.



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