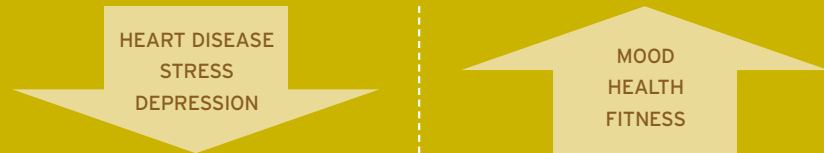


Add the facts.

Your days are brighter and life is just plain better with pets in it. Here are some interesting facts to show the importance pets have on our health, and our lives.

How pets affect your health.



- Pets Help to Reduce Stress. Walking with a pet helps to sooth nerves and offers instant relaxation. Studies conducted worldwide have shown that the impact of a stressful situation is lesser on pet owners, especially males, than on those who do not own a pet. (Josephine M. Willis, Waltham Centre for Pet Nutrition, United Kingdom)
- Pets Help to Prevent Heart Disease and lower blood pressure. Because pets provide people with faithful companionship, research shows they may also provide their owners with greater psychological stability, thus a measure of protection from heart disease. (National Institute of Health Technology Assessment Workshop: Health Benefits of Pets)
- Pets Help to Fight Depression Pets help fight depression and loneliness, promoting an interest in life. When seniors face adversity or trauma, affection from pets takes on great meaning. Their bonding behavior can foster a sense of security. (Between Pets and People: The Importance of Animal Companionship)

pal.
PETS ADD LIFE

Contact one of these PAL Program sponsors for more information about how to adopt a pet and improve your life.



APPMA
American Pet Products Manufacturers Association, Inc.

ADD LIFE TO YOUR LIFE.



Add joy.

Pets are the best! They're wonderful companions for kids and adults alike. Just think, no matter how bad a day you had, your dog will still love you, your cat will still cuddle you and your fish will still relax you by swimming in graceful patterns. From canines to cockatoos, felines to fish, tree frogs to turtles, geckos to guinea pigs, owning a pet can bring immeasurable joy to your life.



Add health.

There's nothing like a wagging tail or a friendly paw on your knee to lift your mood. Pets are therapeutic and we have scientific proof! Seriously, research shows that pets really are good for us humans. They help us fight depression, lower our blood pressure, reduce stress and prevent heart disease. All of which helps to lower health care costs. So there you have it, pets are a daily dose of good health and happiness.



Add the right pet.

Pets are big, small, furry and scaly. Some have lips, some don't. The point is, every animal has specific needs for feeding, grooming, exercise and health care. You may have an idea of the type of pet you'd like to own. But your choice might not fit your lifestyle. It's important to consider the demands of your career or your family before buying a pet. For example, if you're single, work 12-hour days and travel frequently, a dog wouldn't be the best choice for you. Before getting a pet, do your homework. Pet ownership is a huge responsibility! Don't become a pet parent unless you're prepared to take good care of your new baby.