



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



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

DURING THE PANDEMIC

According to a Rover survey



53%

of U.S. adults got a new dog



32%

got a new cat



14%

got both

93% said their "pandemic pet" improved their mental and/or physical well-being.



PETS MAKE WORK BETTER

80% said it made working from home more enjoyable, and they were able to bond with their pet more during this time.

40% of pet owners feel anxious about leaving pets at home if they go back to work in person.

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.

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

BEST FRIEND FRIDAYS

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!**