Is Pet Ownership Your Path to Good Health?

Unconditional Love & a Sense of Purpose

Pets can help you overcome feelings of loneliness and fill your heart with love. They provide companionship that can boost your whole mood and bring you feelings of joy and happiness.

Pets help us calm down

Studies show pet owners have lower heart rates and blood pressure as compared to those without pets.

Simply petting your dog or cat can help lower blood pressure and cholesterol.

Pets help us feel more relaxed and recover from stress more rapidly than spouse or friend.

Pets help us stay fit

Pet owners who walk their dogs are more physicialy active and have a lower obesity rate.

Pets increase opportunities for socialization. Walking a dog leads to more conversations and socialization, reducing feelings of isolation or loneliness

Pets can be the common denominator to help connect people both in person and online.

Keep your Four Legged Friend Healthy

Pets do so much to enhance our lives, we need to do all we can to keep them happy and healthy too.

Healthy Snacks for Pets

- Apples (without stem or core)
- Blueberries
- Kale
- Frozen bananas
- Green beans
- Carrots - raw or cooked
- Sweet potato – cooked, cubed or dried
- Catnip and cat grass

Fun Games to interact with your pet

Take the first STEP in protecting your furry friend. It does you both good!

Follow the Dog ~ Instead of walking your dog, let your dog lead. Wherever he goes, you go.

Nose Work ~ Leverage your dog's amazing sense of smell and their love of performing a task. This easy to learn activity builds confidence and focus in many dogs.

Exercise their Brain ~ Food toys and puzzles are a fun challenge to mentally stimulate your pet's brain and relieve boredom.

In the Bag ~ Cats love bags. Put one on the floor and let your cat explore. Toss a toy inside and watch your cat chase and capture it.

Visit K9 Bytes at http://www.k9bytesgifts.com/treats.html for healthy homemade treats for your pet.