

How Pets Make Our Lives Better



The Benefits of Owning a Pet for a Healthier, Happier Life

For many of us, life without pets seems almost unimaginable. They are a source of entertainment, companionship, and an endless source of unconditional love. The tiniest of them has the ability to pick us up when we are down. The largest can find the most hidden, vulnerable place in our hearts and settle in for a lifetime.

In addition to the simple joy we get from our pets, there are also real, measurable medical benefits that come from interacting with animals. Here are five ways our animal companions help us lead healthier, happier lives.

1. **Exercise and Socialization: Two benefits in one!** Pet owners are generally more active day to day. Sure, your dog's ears perk up when you mention the "W" word; she knows how much fun walkies can be. But those daily walks are benefiting her human too. Studies show that people with pets tend to exercise more than non-pet owners. And while they're out, pet owners are found to be more social, with a better ability to fend off feelings of loneliness and isolation. This is true from humans of any age, but is especially true of elderly pet owners.
2. **Snuggle a Pooch to Reduce Stress.** There is **extensive medical research** that indicates canine companionship can have a measurable effect on stress reduction in humans. The **American Heart Association** conducted a study of people with high blood pressure. Their findings concluded that patients with pets were able to keep their blood pressure lower during times of stress than those who did not have pets in their lives.
3. **Pain Relief Is Only a Pet Away.** Take it from **Marty Becker**, also known as "America's Veterinarian." The author of 22 best-selling books, Dr. Becker is a passionate and vocal advocate for the extraordinary benefits of the animal-human bond. One of those benefits is a pet's ability to reduce pain in his human. For those with chronic pain, Dr. Becker references studies that indicate people with pets require up to 50% less medication to manage their pain than those who don't have pets.
4. **Get Those Numbers Down.** According to the **Centers for Disease Control** pet owners also benefit from lower cholesterol. But the benefits don't stop there. Having a pet as a member of your family also helps to lower your triglyceride levels, keeping your heart both healthy *and* happy!
5. **Banishing the Blues.** Depression is another potentially debilitating condition that can be helped by owning a pet. Therapists often recommend pets for people battling depression. The

act of caring for a creature totally dependent on their human gives a patient motivation to act outside their disease to care for their pet. The unconditional love given from pet to her human can literally be the best medicine for depression.



Cabot farmer owner George Woodard – **Woodard Farm in Waterbury Center, Vermont**

While we think about – and thank – our animal companions for all they give us, it's also a great time to reflect on how we can give back to them. One way to do this is to volunteer at your local animal shelter.

There are so many abandoned animals looking for their forever homes, and animal shelters are overwhelmed with the job of caring for, and often rehabilitating, these innocent creatures that simply want to find a family to love.

Volunteering at an animal shelter will help these animals in ways both small and profound, but there are also great benefits for the humans who give their time to care for shelter animals. Here are six ways volunteering at your local shelter will help you, while you care for animals in dire need:

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1. **Volunteer for Your Health.** Volunteering at an animal shelter can be very physical, there are cages to clean, bedding to wash, food to lift and stack and lots of animals that need exercise. The physical benefits of this kind of regular exercise are great. But the mental benefits of giving and receiving love and joy from a grateful and lonely animal are also beyond measure.
2. **Volunteer for Your Community.** Spending time at your local animal shelter or rescue center is a great way to get to know your community and your neighbors. You will meet people you might otherwise never have encountered and discover places in your area that never knew existed.

Volunteering at an animal shelter does indeed change lives – both animal and human – for the better. The life you change may just be your own!

And they can do more... they can work for us!



Answer the questions and keep with you...

- 1- Do you have a pet? What pet do you have?
- 2- What pet would you like to have?
- 3- Does your pet have any talent?
- 4- Do you prefer a dog or a cat?
- 5- What dog or cat breeds do you like?
- 6- Does it usually sleep with you?
- 7- What benefits has your dog offered you?
- 8- What can dogs or cats teach us?
- 9- Unfortunately today there are many abandoned animals on the streets. How could we solve this problem?
- 10- Would you like to adopt a pet?
- 11- Are you afraid of any animal or insect?
- 12- Brazil has one of the largest pet populations in the world (more than 100 million) almost a half of Brazilians, and, as expected, a profitable market for this sector. By 2018, Brazil has become the second largest pet market in the world. It has earned about \$ 20 billion just in that year.
Why do Brazilian people love pets?