

The Pulse Newsletter



BY THE NUMBERS



68%

Of U.S. households have a pet.



More than 60%

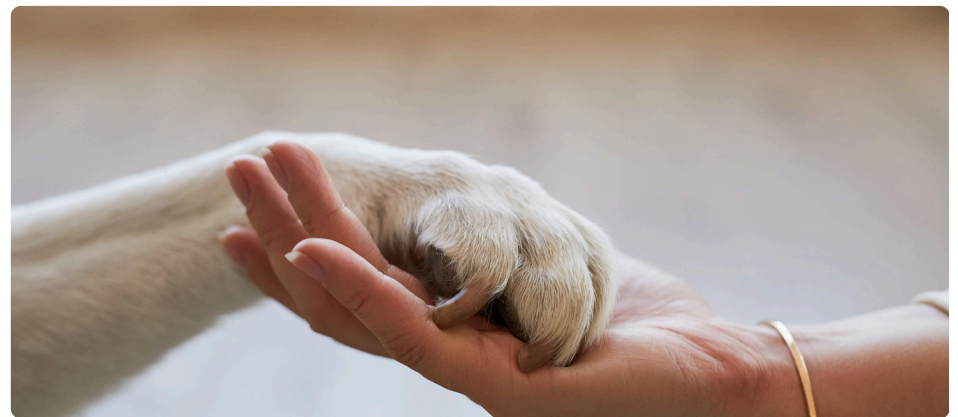
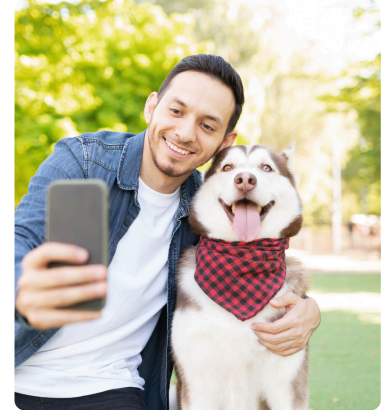
Of dog owners meet the recommended amount of physical activity each walk. Walking a dog can help maintain a healthy weight!

Source: UC Davis Health.

FOCUS

The power of pets

There's more to our furry companions than just being our best friends. We are excited to talk about the power of pets in this month's edition! Pets such as dogs and cats can reduce our stress, anxiety, and depression and improve our cardiovascular health! Let's connect the dots between our furry family members and our overall wellness.



HEARD OF EQUINE THERAPY?

A therapeutic treatment that involves riding, caring for, and interacting with horses to help improve physical, emotional, and mental health. It can be helpful for individuals with physical disabilities, developmental disorders and mental health challenges.

DETAIL

Let's embrace the **pawsitive influence**

By Isaac A. Cruz, Sr Population Health & Wellbeing Consultant

Life is a walk in the...*bark* when you have a pet! Whether you have a lovely cat or an energetic dog, studies and firsthand experience have shown that pets provide more than just companionship. In fact, owning a pet can not only help you age in a healthy way but improve your physical and mental wellbeing. Here are just a few benefits that your pets bring to the table:

- Help reduce one's stress and anxiety
- Provide a sense of purpose
- Their presence alone improves one's blood pressure
- Improve quality of life amongst people diagnosed with long-term diseases like Alzheimer's or dementia

From a scientific perspective, pet parents are indeed a different breed. According to a Rover study, pet people get outside more, exercise more, and are generally happier. A connection to a dog or cat can activate the release of feel-good hormones such as oxytocin, serotonin, and dopamine while reducing stress hormones.