**Mood Booster**
Next time you find yourself feeling blue, snuggle up to your pet as they can help lower stress, improve psychological well-being and lessen anxiety.

**Workout Buddy**
Your four-legged friend can boost your activity levels from all the walks and play time.

**Heart Healthy**
Studies show that pet owners have lower blood pressure and cholesterol levels and are less likely to have heart disease.

**Allergy Fighter**
Children who grow up with furred-animals are less likely to develop allergies, asthma and eczema as they are exposed early, helping build their immune system.