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

PETS MAKE WORK BETTER

80% said it made working from home more enjoyable.

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

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