



American Heart Association®

Healthy Bond for Life™

LESS STRESS. LOTS OF LOVE.

Best Friend Fridays™ celebrate our pet companions who are always there for us. They help us handle stress and boost 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 back it up.)



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
get us
through
hard times.



PETS MAKE WORK BETTER



Owning a dog can help prevent chronic conditions such as **DIABETES** and **DEPRESSION**, and simply petting a dog **HELPS LOWER BLOOD PRESSURE.**

47% of pet owners feel anxious about leaving pets at home when they go to work.

31% would consider changing jobs for a pet-friendly workplace.

41% would take a pay cut to bring their pet to work.

At work or at play, pets are the best.



**BEST FRIEND
FRIDAYS**

Take time each Friday to celebrate your pets and all they add to your life and post a photo or video using **#BestFriendFridays!**

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