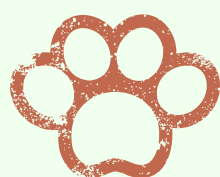
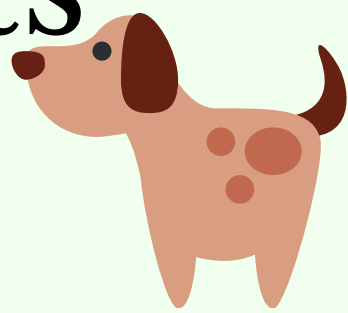
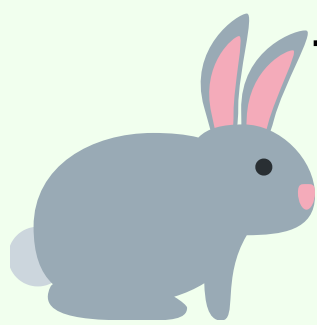


# Your Pets and Your Health

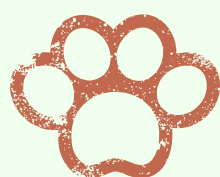
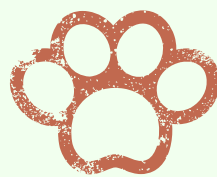
From Marcotte PT



## Health Benefits of Pets:

- Decreased blood pressure
- Decreased cholesterol levels
- Decreased triglyceride levels
- Decreased feelings of loneliness
- Increased opportunities for exercise and outdoor activities
- Increased opportunities for socialization

(From the CDC)



## Pets Take Care of People Too!

- Service Animals:
  - are trained to perform specific tasks that assist in helping their owners with their disability
- Therapy Animals:
  - are used as part of the therapeutic process
- Emotional Support Animals:
  - are prescribed by a health professional

