LIVELONGER?

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Most people would like to live a longer, healthier life. Studies of people who have lived to advanced ages suggest that pet owners may have several advantages over non-pet owners. Pet owners have lower blood pressure, and are better able to handle stress. Pet owners engage in more physical activity and get more exercise than non-pet owners. Pet owners also tend to have more social contacts and to feel better about themselves. Pet ownership can also be a comfort during times of personal difficulty. A review of the research suggests that people who own pets are likely to live longer than those who do not own pets.

Cats may have health benefits similar to dogs, but studies have been fewer. Since cats are less active, and do not require as much care, one cannot assume that they have the same benefits as dogs. Some researchers think that cats may be more healthy than dogs since they are more independent. Additional research on cats is needed before we can really say that they have health benefits equal to those of dogs.

 kicking a ball or petting a dog. This is the case even for very small dogs, such as Chihuahuas. The most important thing is that the dog is active and is getting exercise. A study of 2,199 subjects found that dog owners were more likely than non-dog owners to engage in physical activity on a daily basis. Dogs also help people with depression, and are good at providing emotional support.

**Pets Reduce Stress Levels**

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Pets can reduce stress levels. A study of 692 participants showed that pet owners had lower stress levels than non-pet owners. The study also found that pet owners had lower levels of emotional distress, and were more likely to report feeling happy and satisfied. Pets can also reduce stress by providing a sense of companionship and by providing an outlet for emotional expression. Pets can also be used as a form of therapy, and can help people with depression, anxiety, and other mental health issues.

**Pets Facilitate Healing & Resiliency Against Cardiovascular Disease**

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Pets can also help people with cardiovascular disease. A study of 319 people with heart disease showed that those who owned pets were more likely to survive their illness. The study also found that pet owners had lower levels of stress and were more likely to report feeling happy and satisfied. Pets can also reduce stress by providing a sense of companionship and by providing an outlet for emotional expression. Pets can also be used as a form of therapy, and can help people with depression, anxiety, and other mental health issues.

**Pet Ownership Increases Physical Activity and Reduces Obesity**

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Pets can also help people with physical activity and reduce obesity. A study of 2,199 people who owned pets showed that those who owned pets were more likely to engage in physical activity than non-pet owners. The study also found that pet owners had lower levels of emotional distress, and were more likely to report feeling happy and satisfied. Pets can also reduce stress by providing a sense of companionship and by providing an outlet for emotional expression. Pets can also be used as a form of therapy, and can help people with depression, anxiety, and other mental health issues.

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