



**FURRY
FRIENDS.
HEALTHIER
LIVES.**

HOW PETS IMPROVE YOUR WELL-BEING



THE PET CONNECTION

HOW PETS HELP YOU AGE WELL

Research shows that pets bring joy, purpose, and emotional support to people of all ages. For older adults, pets provide companionship, encourage physical activity, and foster a sense of connection to the community. A study by Mather Institute found that pet ownership enhances happiness, life satisfaction, and reduces loneliness by strengthening social bonds.

PHYSICAL HEALTH BENEFITS

- **Heart Health Boost:** Pets, especially dogs, can help lower blood pressure and reduce the risk of heart disease.
- **Stay Active & Fit:** Walking your dog or playing with a pet keeps you moving, helping you maintain a healthy weight and reducing doctor visits.
- **Brain Power:** Regular activity with pets, like walking or playing, supports brain health and keeps your mind sharp.
- **Daily Routine & Stability:** Caring for a pet adds structure to your day, encouraging movement and engagement.

EMOTIONAL & MENTAL WELL-BEING

- **A Sense of Purpose:** Pets give you a reason to start your day with energy and enthusiasm.
- **Mood Booster:** The companionship of a pet can reduce feelings of depression and anxiety, improving overall mental well-being.

EMBRACE THE JOY OF PETS

Pets aren't just companions—they're powerful allies in healthy aging. Whether you own a pet or simply enjoy their presence in your community, the love and connection they offer can brighten your day and enrich your life at any age.

- **Stress Relief:** Interacting with pets releases feel-good hormones, helping you feel calmer and more relaxed.
- **A More Satisfying Life:** The bond with a pet can enhance your sense of fulfillment and emotional well-being.

SOCIAL BENEFITS

- **Companionship That Matters:** Pets provide unconditional love and can help ease loneliness.
- **Stronger Social Connections:** Walking a dog or visiting pet-friendly spaces can spark conversations and new friendships.
- **Community Engagement:** Volunteering at animal shelters or participating in pet therapy programs can create meaningful social interactions and a sense of purpose.



SOURCES

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Staffed by a multidisciplinary team of researchers, Mather Institute is an award-winning resource for research and information about wellness, aging, trends in senior living, and successful industry innovations. The Institute conducts cutting-edge research, often in collaboration with leading universities, with the goal of informing, innovating, and inspiring. Mather Institute is part of Mather, an 80+-year-old not-for-profit organization dedicated to creating Ways to Age Well.SM

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