

BARKS & RECREATION



Your pet's wellness and your own wellness go hand in paw

The ultimate miracle drug. It's not something you'll find in the medicine cabinet, but you'll probably find it waiting by the front door.

That's right: it's your pet!

What happens when you pet a dog or cat:



Your blood pressure goes down



Your immune system gets stronger



Your "feel-good" hormones go up



You're less likely to feel depressed



Your stress hormones go down



When it comes to wellness, think outside the litter box and beyond the fence. Start by checking out these Barks & Recreation materials for fun facts and stats plus ideas on getting active:



Wellness infographic



Wellness flyer



Barks & Recreation video

Find a wellness plan for you and your pet!

VPIBarksandRec.com

