



CLICK on this symbol throughout this e-newsletter for links to interactive simple solutions.

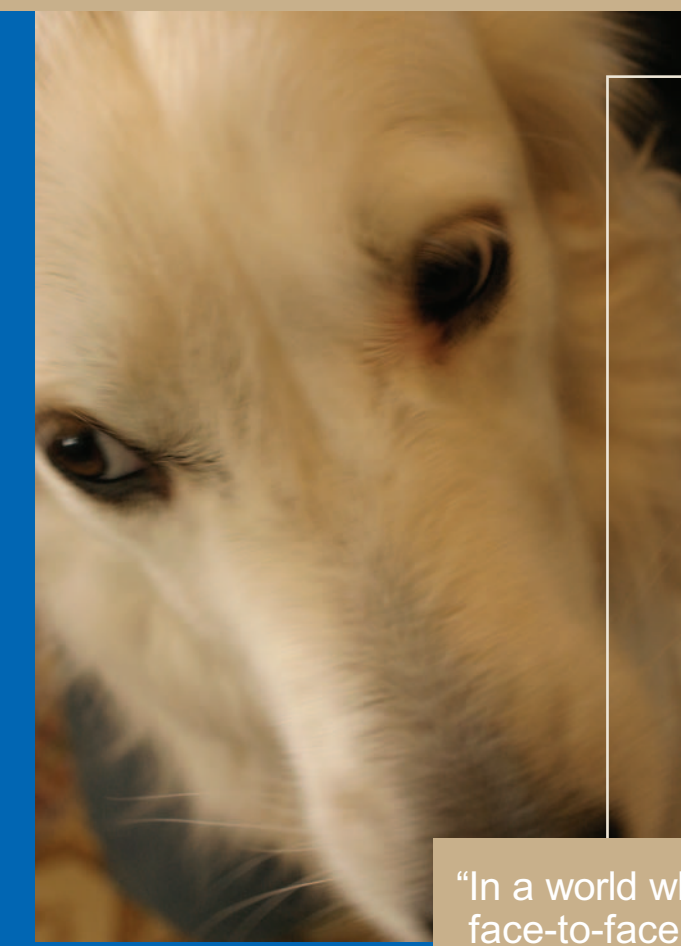
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BecauseWeCare

Healthy Ideas For A Healthy Workplace



Sit! Stay! Roll Over! Lower Your Blood Pressure!

We all know that “dog is man’s best friend,” but you might not realize how much good Fido (or your cat or your horse, for that matter) is doing for you. Numerous studies have shown that petting or talking to animals decreases blood pressure. Even relaxing by “meditating” on fish in a tank produces the same results.

James L. Lynch, PhD, director of the Life Care Clinic in Baltimore, MD, says, “In a world where face-to-face human contact is often very stressful, pets provide an outlet for communication and connection that isn’t stressful.”

So, besides the fact that they entertain us and keep us company, here are healthier reasons to put up with those early morning walks and emptying the cat litter:

- Pet owners get more exercise and have lower blood pressure.
- Pets help people cope with all kinds of stress: work, illness, grief, etc.
- Having a pet can enhance kids’ self-esteem.
- Pets can help reduce loneliness and isolation and even make it easier to meet new people.
- Seniors with dogs make fewer doctor visits and take less medication than non-owners.
- Survival rates after coronary artery disease and heart attack are better for pet owners than non-owners.

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Karen Allen, PhD, a faculty member at SUNY Buffalo’s School of Public Health, did research that showed married couples who talk to their dogs (not just to each other) experience greater satisfaction in their lives and marriages, as well as improved physical and mental health. One participant in that study, which showed women’s blood pressure levels were lower when they were with their dogs, said,

“On a good day, my husband is like the dog is everyday.”

Just what husbands wanted: another goal to add to the list! *-Jeff Silver*