



The Balanced Dog Company
An Evolution in Today's Pet Care & Behaviour

BENEFIT OF LIVING WITH A PET



1

YOU MOVE MORE

We live in an on-the-go society, which can leave little time for exercise and physical activity. But several studies have shown pet owners get more exercise than people who do not have a pet.

2

STRESS REDUCTION & BETTER SELF-ESTEEM

Pets innately know when we need them most, which gives us a feeling of belonging and a self-esteem boost. Pets are even being used to help our nation's servicemen overcome post-traumatic stress disorder.

3

A HAPPY HEART

Your heart loves your pet in more ways than one. Some of the largest and most well-designed studies in this field suggest that cats and dogs can help improve our heart health.

4

BECOME A SOCIAL BUTTERFLY

Taking your pet to the park or around the block for a walk may be benefiting you more than you're aware. Research indicates that walking with a pet leads to more conversations with neighbors, other pet owners, etc. and helps you stay socially connected.