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ALL AMERICAN PET RESORTS PUNTA GORDA

because you care...TM



FEBRUARY 2020

Hello

Happy New Year from All American Pet Resorts Punta Gorda! The last year has come and gone so fast; not to mention we can hardly believe we are already a month into 2020. As we reflect on the last year (and decade!), we're met with an opportunity to start fresh with inspired goals and resolutions for the future. Here at All American Pet Resorts Punta Gorda, we're staying focused on our commitment to making this our very best year yet, and we're looking forward to doing so with you and your furry family members by our side.

While this time of year is often associated with resolutions for health and happiness, it also goes hand-in-hand with the dreaded winter blues. That's why we wanted to use this opportunity to combine the two topics by sharing some insight on the positive effects that pets can have on your health. Keep reading to learn how owning a pet can lower stress levels, increase happiness, and more.

Pets Are Great for Your Health – Here's Why...

Pet parents and animal lovers alike know that owning a pet can bring a special sense of companionship and love into a home. But did you know that beyond the surface level feelings, there are actually much deeper health benefits resulting from sharing your space with a pet? Research has shown that living with pets can lower blood pressure, lessen anxiety, and even boost immunity.

More specifically, here are a few ways pets help boost overall health and well-being:

Stress Relief. Interacting with a pet can lead to an increase in the production of 'happy hormones' in the body. Research shows that people who own pets tend to experience less stress than those without pets. Pet owners also have a tendency to experience lower heart rates during difficult times and recover from an increased heart rate episode much faster.

Exercise and Fitness. Pets need to stay active for their own well-being, whether it's a daily walk or run, or a quick game of fetch in the park. As a pet

owner, it's your responsibility to make sure your furry friend is getting the exercise they need, which also provides you with a solution to your own inactivity or lack of motivation. This will help you stay active and exercise more, and your body's ability to burn calories while at rest will improve.

Improved Cardiovascular Health. Research found that pet owners face a lower risk of developing heart disease. This is tied to a pet's ability to contribute to lower blood pressure, healthier heart rate, and overall likelihood to be more active. In other words, pets (both dogs and cats) can help lengthen your life substantially!

Allergy Prevention. The earlier children are exposed to pets, the less likely they'll be to develop allergies and asthmatic symptoms as they grow older. Having a pet as a child is said to considerably boost the immune system as a whole.

Needless to say, pets are great for your health. From unconditional love and friendship to improved mental and physical health, there's no greater cure for the winter blues than spending time with a pet.

We hope you've enjoyed this quarter's newsletter and we look forward to seeing you and your furry friends in 2020 and beyond! For more information on our resort and services, give us a call at (941) 916-9655 or [click here to visit our website](#). We look forward to hearing from you!

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Think you have what it takes to be a successful pet resort franchise owner? For more information on owning your own All American Pet Resort, [click here to visit our corporate website](#).

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