



Studies show that pets are good for your health! Not only do pets offer companionship and stress relief, but pets can keep you active – which is good for your heart and overall health.

Let's face it – sometimes you might not feel like going for a walk. Your pet can encourage – even demand – that you get out there!

## **Harness health benefits.**

Horses may not cuddle in your lap, but they're healthy too. Riding is great exercise, and time spent around horses is good for your well-being.