Pets, stress, and feel-good hormones

And studies have shown that owning a pet can reduce your cortisol levels. That's the stress hormone. Um, it also boosts oxytocin, which is the feel good hormone inside.

We're changing having absolutely being pet owners. So do you think owning pets actually helps people increase their physical activity as well?

How pets encourage more physical activity

Yes. I mean, it's going to push you even on days that you don't feel like getting up to go walking or to out. You have to now. you have this little one or two, or if you're like me, four or five dogs at home that keep you very active and moving even when you do not feel it.

Honestly, and again, that physical goes right back to the mood, right? Because if you're feeling out, down and just not feeling yourself or emotionally, physically in any way, um, That dog pushing you to get up and move can actually change not just the physical, but the mode as well.

Um, so I think definitely, you know, being active, going for walks, You know you have to, get them feed them. So it's gonna get you moving for sure.