

Recitation C

The Health Benefits of Having Pets

Do you have a pet? About 62% of American families own one. Suppose you have a cute puppy. You cannot stay in a bad mood when your puppy stares at you in your eyes! Most pet owners say companionship, love and affection are the best reasons for owning a pet. However, pets can bring us health benefits, too.

First, pets help us calm down. A study of 240 married couples showed that the pet owners had lower heart rates and blood pressure compared to those without pets. Pets also help recovery from heart attacks. Dog owners had better survival rates after a heart attack, compared with those who didn't own dogs. Moreover, owning pets can decrease cholesterol and prevent us from getting too fat.

Pets also encourage us to go out and exercise. Dog owners spend more time walking than non-pet owners. In addition, when we're out walking with a dog, it may give people a good reason to stop and talk to us. This will give us an opportunity to increase our network of friends, which also has great stress management benefits.

We all know the power of talking about our problems with good friends. However, recent research shows that spending time with pets may be even better! Pet owners had less stress and quicker recovery from stress when they were with their pets than when they were with their friends! This may be partially because pets don't judge us; they just love us.

Though pets bring us great benefits, it's important to realize that owning a pet requires additional work and responsibility. Despite any minor disadvantages, the benefits of having a pet mean a lot to most people. Owning a pet will lead you to good health and reduce your stress when times get tough.

(297 words)