

# 7 Reasons Why You Should Have a Pet

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While a recent study conducted by the ASPCA found that 35% of US households have a cat and a 44% have a dog, ***the decision to get a pet takes a lot of consideration*** You will need to consider what kind of animal will best fit your lifestyle. Making a choice based on your level of commitment should give you a good idea of what type of pet will best fit into your lifestyle and priorities. ***Although there is not one perfect pet for everyone, there are many reasons why you should have a pet.***

Pets like ***dogs and cats offer their owners with companionship, understanding and an unbreakable bond of devotion*** that they can't find elsewhere. Other ***pets like birds, fish and reptiles provide owners with structure and purpose to daily life*** through having a pet-care routine. The daily routine of caring for your pet is very satisfying for pet owners who feel like they may be lacking purpose. ***The benefits owning a pet are considerable.*** Read on for the 7 top reasons why you should have a pet.

## They Will Make You Laugh Every Single Day

Laughter has been shown to reduce stress, improve your mood, strengthen your resilience, and a good belly laugh can even burn calories! ***Daily laughter should not be underestimated as a reason to get a pet.*** Cat owners roll in laughter watching their cat chase a laser light or feather toy. Dog owners can't help but giggle at their pets as they jump for joy or chase their own tails. ***Time spent with your pet is sure to provide happy, funny moments, day after day.***

## Pets Teach You Selflessness

Author Donald L. Hicks said “those who teach about humanity aren’t always humans“. **Pets often teach their owners about selflessness in a more profound way than another person could.** When pet owners have a strong bond with their pets, they will do anything to help them when they are hungry or in need of medical attention. As humans, we understand that the very survival of our pets is in our hands. **Owning a pet teaches us the value of selflessness.**

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## A Pet Can Help Make New Friends

Instead of retreating to your comfort zone, owning a pet will introduce you to new social situations like shared activities of other pet owners. **Pets actually work as an amazing ice breaker during everyday activities with your pet like taking you dog for a walk, a trip to the dog park or participating in pet-centered events.** Meeting other pet owners who have similar interests in person or through online forums will give pet owners who may be shy, or new in town a way to socialize and make new friends.

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## Pets Make the Best Companions

As we age or our relationship status changes, loneliness can lead to depression or other resulting emotional issues. Pets will always be there for you and stick with you no matter what. **A pet can give you excellent support and unmatched companionship through their natural sense of empathy with no judgment in return.** In fact, many pet owners prefer the companionship of their pet to that of other people. You will always be able to count on your loyal little buddy to be there when you need to vent, cry or just want to forget about things for a while.

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## A Pet Can Help You Get in Shape, and Stay in Shape

Owning a pet will improve your physical, mental and emotional health. **Beyond the physical activity, mental comfort and consistent emotional support, owning a pet will actually extend your life.** The American Heart Association reports that the physical exercise you get with playtime and walking your dog attributes to the following:

- Boosts Immunity
- Lowers the Risk of Obesity
- Improves Blood Pressure
- Reduces the Risk of Heart Disease
- Reduces the Risk of Breast Cancer

Regardless of your age or physical ability, **owning a pet is a great way to get into shape** and be the encouragement to help you stay there.

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## A Pet Helps Relieve Stress

**Pet owners will attest that simply being together with their pet greatly reduces stress, depression and anxiety.** Studies have proven an increase in the stress-reducing hormones dopamine and oxytocin and a decrease in the levels of the stress-causing

hormone call cortisol for pet owners. Findings from an interesting study, released in Science magazine, revealed that when a pet owner looked into the eyes of their pet, oxytocin levels increased in both the pet owner and their pet. ***Companionship, regular physical fitness and just maybe those adorable puppy dog eyes will help your mental state and better help you to cope with everyday life's challenges.***

## Getting A Pet is Great for Your Kids

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Getting a pet will help kids learn vital life skills and lessons like empathy, responsibility, routine and structure. ***The relationships your children develop with their pets are truly special and extraordinary.*** Learning important character building lessons like responsibility and stay on schedule by caring for their pet will have far-reaching advantages for the rest of their lives. Similar to the vital role that companionship pets and therapy animals play in their owner's lives, ***pets will offer your children the same type of amazing emotional support throughout their childhood.***

## Give the Gift of Freedom to Your Pet

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Becoming a new pet owner may just become one of your life's greatest joys and maybe even one of your most rewarding experiences. New pet owners can improve their pet's daily life by giving your cat or dog ***the gift of freedom with a Pet Door Products vinyl sliding glass door pet door insert.*** ***Freedom to experience the great outdoors with indoor access to food, water and comfort will also mean freedom for you with time savings from letting your pet in and out, even when you're not home.*** Contact Pet Door Product at 801-448-0172 for ***more information*** and a ***free sliding glass pet door estimate.***