

# THE BENEFITS OF OWNING a DOG



Regular dog walking improves fitness levels.



Patting a dog lowers your blood pressure, therefore lowering your chance of cardiovascular disease.

Infants are less likely to have eczema, a common skin allergy which causes red patches and itching.

## HEALTH BENEFITS



Pet allergies in infants:  
**19%** with dog vs. **33%** without dog



Dogs can act as an early warning to detect an approaching epileptic seizure.



Kids have fewer sick days off of school.



Dog owners often recover faster from illnesses and have a higher survival rate after a heart attack.

Dogs help improve loneliness and also help recover from personal trauma such as a lost loved one.



Children with dogs tend to have better self-esteem.



Owning a dog can alleviate symptoms of seasonal affective disorder or depression.

Dogs help calm hyperactive or overly aggressive kids.



Playing with dogs can elevate your levels of serotonin and dopamine, making you feel good and calm.





Dogs can raise your spirit and sense of well-being.

Dogs have learned to read humans' body language, facial expressions, and emotions.

Their heightened sense of smell, sight and hearing, makes dogs a very intelligent and loyal domestic species.

## COMPANIONSHIP



Bobbie, the Wonder Dog, after accidental abandonment on a cross-country trip, made his way back over 2,800 miles to his family's home.

Fido, a mixed-breed dog, whose master, Carlo Soriani, had died in an air raid over Borgo San Lorenzo (near Florence, in Italy) in 1943, during World War II. Fido waited in vain, for the following 14 years, for Soriani's return, going daily to the bus stop in Luco del Mugello where the man used to get off after coming home from work.



Greyfriars Bobby, a Skye Terrier in Edinburgh, Scotland, was loyal to his master long after his master's death in 1858. Until Bobby's death 14 years later, he reportedly spent every night at his master's grave. A statue in memorial of Greyfriars Bobby was erected near the graveyard.

## HOME SECURITY



Dogs' keen sense of hearing allows them to hear phone calls long before you do.

Dogs can distinguish the difference between the sound of their owner's car engine and other vehicles that pass by your house.



### Top 10 breeds for watchdog barking

- I Rottweiler
- II German Shepard
- III Scottish Terrier
- IIII West Highland White Terrier
- IIIII Miniature Schnauzer
- IIIIII Yorkshire Terrier
- IIIIIIII Cairn Terrier
- IIIIIIII Chihuahua
- IIIIIIIIII Airedale Terrier
- IIIIIIIIII Poodle (standard/minature)

Potential burglars are put off by barking dogs. Using a dog as your home security system can save money and help prevent burglary.



## INCREASES SOCIAL





## Teaches RESPONSIBILITY

They also help prepare a couple for children. Taking care of a dog is the closest practice for raising a child.

Dogs require a lot of care; they need to be fed, walked, played with, and trained.



## INTERACTION

Dogs are great for making love connections since they are a natural conversation starter.

Dog owners frequently stop and talk to each other on walks or in a dog park. Pet owners also meet new people in pet stores, clubs, and training classes.

## HELPS WITH DAY-TO-DAY



Assistance dogs, such as "seeing eye dogs" or "hearing dogs," are trained to help those with mental or physical disabilities, giving their human companions a more independent life.



War Dogs are used in modern day military combat as scouts, sentries, and trackers.

Animal Assisted Therapy (AAT) patients may walk therapy dogs, play with them, feed them, or groom them. Some therapy dogs are trained to sit quietly and attentively while children read to them.



Police dogs can chase suspects, track them if they are hidden, and guard them when they are caught.



Search-and-rescue dogs work in various conditions, many of them harsh (avalanches, earthquakes, bombings, and other calamities).



Farm dogs love rounding up cows, eradicating vermin, herding and guarding livestock.

Stamina, intelligence, and skill are required of rescue dogs, of which the most popular breeds include the Saint Bernard, Newfoundland, and Portuguese Water Dog.

### Top choices for estate guard dogs:

Estate guard dogs protect family, property, and surrounding grounds. They tend to be territorial by nature.

- The Mastiff
- Bullmastiff
- Rottweiler
- Kuvasz
- Komondor
- Akita



They tend to be territorial by nature.

- Komondor
- Akita
- Great Dane
- Anatolian Shepard
- Great Pyrenees



## entertainment



There are so many free activities to do when you own a dog. Taking the dog to the park and training your dog are just some of the challenging yet rewarding activities.



Dogs are naturally adorable--just watching them can be entertaining and perk up its owner even on a bad day.

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**THE DOG TRAINING SECRET**