

SAY YES to a healthier you and your pet, too.

Living with your pet is a health benefit:



Your blood pressure goes down



Your happy hormones go up



Your stress hormones go down



You're less likely to feel depressed

Get moving together

Exercising with your pet is a great way to have fun and stay motivated.*†



<p>Yoga</p> <p>burns up to 150 calories + reduces stress and anxiety</p>	<p>Walking</p> <p>burns up to 200 calories + releases "feel-good" hormones</p>
<p>In just 30 min.</p>	
<p>Hiking</p> <p>burns up to 225 calories + improves heart health</p>	<p>Jogging</p> <p>burns up to 300 calories + provides a great cardio workout</p>

Watch what you eat (and drink)

Eating a healthy diet and staying hydrated keeps pets and people in tip-top shape.



Recommended daily calories
(varies by activity level and gender)^{1,2}



Stay well together

Proper wellness care can boost your productivity, quality of life and fitness.

Keep up the checkups

Physical **every year**;
dental exam and cleaning **every 6 months**

Vet exam **every 6-12 months**;
dental exam **every year**
(as recommended by your veterinarian)

Get plenty of sleep

7-8 hours
(for adults)³

12-14 hours
(varies by age and breed)⁴

15-20 hours
(varies by age and breed)⁵

Pets need dental care, too

80% of dogs **70%** of cats

show signs of dental disease by age 3.¹

Stop it with:

- cleanings & brushing
- oral rinses
- dental treats

A pet insurance plan can help your pet stay healthier.
Get a free quote at SayYesForPets.com · 877-738-7874

*Moderate physical activity. Specific needs vary by individual. Consult your doctor before making changes to your diet or starting a new exercise regimen.
†Moderate physical activity. Specific needs vary by pet's age, breed, size and health. Consult your veterinarian before making changes to your pet's diet or activity level.
¹<http://pets.webmd.com/ask-pet-health/11/vets-pet-care>. Accessed December 28, 2015.
²<http://www.petobesityprevention.org/pet-caloric-needs>. Accessed December 28, 2015.
³<http://www.webmd.com/sleep-disorders/features/adult-sleep-needs-and-habits>. Accessed December 28, 2015.
⁴<http://www.petful.com/behaviors/how-long-dogs-sleep-average>. Accessed December 28, 2015.
⁵http://www.petmd.com/cat/behavior/evr_ct_why_do_cats_sleep_so_much. Accessed December 28, 2015.



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