to a healthier you and your pet, too

Living with your pet is a health benefit:









Exercising with your pet is a great

Get moving together

way to have fun and stay motivated.*1

connended exercise

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







burns up to 150 calories

+ reduces stress and anxiety

In just



burns up to 225 calories

> + improves heart health

Walking

burns up to 200 calories

+ releases "feel-good" hormones



Jogging

burns up to 300 calories

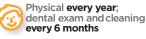
+ provides a great cardio workout

Stay well together

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

Keep up the checkups





Vet exam every 6-12 months; dental exam every year (as recommended by your veterin

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



show signs of dental disease by age 3.

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

w.petful.com/behaviors/how-long-dogs-sleep-average. Accessed December 28, 2015. w.petmd.com/cat/behavior/evr_ct_why_do_cats_sleep_so_much. Accessed December 28, 2015.

