



# Pet Perks

The results are in.

September 25, 2017 By Jennifer Morton

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Studies have shown that caring for our furry friends (as well as other types of pets) can provide benefits such as improved cardiovascular health, reduced stress and decreased loneliness and depression. POZ recently asked you about the pets in your life. Here are your responses.







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<http://beta.docker.poz.com/article/pet-perks>