
PHYSICAL HEALTH BENEFITS

There are multiple health benefits to owning pets.

- Longevity of Life
 - A study conducted in Sweden concluded that those who lived alone with a dog, lowered their chance of dying by 33%.
 - The National Institute of Health concluded that those who regularly walked their pets, experienced lower rates of obesity.
- Heart Health
 - The CDC states pets can provide these benefits:
 - Decreased cholesterol levels
 - Decreased triglyceride levels
 - Decreased blood pressure
 - Increased exercise and activity
 - Lowering the risk of having a heart attack by 11% and lowering the risk of having a second stroke or heart attack by 31%.
- Improved Immunity
 - Decreased risk of developing pet allergies
 - Lower risk of childhood asthma and pneumonia
 - Increased IgA levels

Expenses. You are NOT Alone

Pet fees and pet deposits are two different expenses.

- Fees are for the privilege of having a pet in an apartment whereas deposits are for any potential damages that a pet may do. Deposits are refundable but fees are not.

Luckily, most landlords are human and have emotions. So speaking to your landlord about the expensive fees can play in your favor for your argument.

Some key information that can be brought up in the debate with your landlord can be -

1. On average, small children cause \$150 more damage than tenants with pets.
2. Tenants pay a security deposit before moving in, and the most expensive damage dogs have caused in repairs is \$450.
3. Average cost of tenants with pets is \$2,700 more than those without.

Apartment Pet Expenses: Necessary or No?

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MENTAL HEALTH BENEFITS

College students often face many challenges throughout their years at a university. Some of these challenges may strain mental health. Stress is often the most reported issue college students face. Several college students also suffer from depression and anxiety.

- Studies have shown that owning a pet in college is highly beneficial to one's mental health
 - Playing with an animal increases the levels of serotonin and dopamine in one's body, which then produces the feelings of relaxation
 - The companionship of a pet provides comfort and ease to those who suffer from anxiety disorders
 - Pets typically require feeding and exercise schedules which adds structure into one's life, which in return can create feelings of motivation.
 - Stroking an animal lowers blood pressure when one is stressed, thus leading them to feel calmer.

WHAT CAN YOU DO?

- Stand up for you and you pet!
 - Be sure to talk with your college apartment landlord about their pet pricing.
 - Ask them why it is necessary.
 - Discuss with them the information provided within this brochure, to educate them on how it is more beneficial than not, to own a pet while in college.
- Talk about your experiences.
 - Tell your landlord how you personally benefit from owning a pet.
 - Has your mood improved since owning a pet?
 - Do you feel more physically active due to owning your pet?
 - Do you feel less stressed or anxious since having a pet?
- Public Involvement
 - Many people are in the same situation. A petition at the complex could be a good idea.

FOR MORE INFORMATION

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