



Studies show that pets are good for your health! Not only do pets offer companionship and stress relief, but pets can keep you active – which is good for your heart and overall health.

Let's face it – sometimes you might not feel like going for a walk. Your pet can encourage – even demand – that you get out there!

Harness health benefits.

Horses may not cuddle in your lap, but they're healthy too. Riding is great exercise, and time spent around horses is good for your well-being.