



# WORK RIGHT R E V I E W

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## AT WORK RIGHT

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This Friday is National Dog Day and at Work Right NW, we love our pups, and we also love our wellness! It only makes sense that during National Wellness Month and on National Dog Day we show just a few of the benefits of canine interaction and ownership.

### Mental & Emotional Benefits

**Petting:** 10 minutes of petting decreases stress and increases oxytocin (the cuddle hormone).

**Conversations:** Doggos prefer dog-speak! "Who's a good boy?" Not only do our four-legged friends prefer this, they're excellent listeners too. Chatting with them creates a special bond of companionship between you and has also been known to combat feelings of human loneliness.

**Dopamine:** This brain chemical plays a role as a "reward center" and in many body functions, including memory, movement, motivation, mood, attention and more. It can be activated to your benefit by playing (fetch, frisbee, etc.) or even by a simple walk.

### Physical Benefits

**Weight Management:** People who own dogs are more committed to daily physical exercise since they see it as a responsibility of owning the dog.

**Bone Density:** And because you're outside walking or playing with your dog, here's a side effect: you take in more Vitamin D in your exposure to the sunlight! Without Vitamin D, you're more at risk for certain heart diseases and bone conditions.

**Improved Cardiovascular Health:** Studies suggest dog owners reduce blood pressure and have improved responses to stress.



Read more about **Zoey, Izzy, and Mia** (and other canine ownership benefits) by scanning the QR code!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



For those of you with allergies there are some hypoallergenic breeds that will work well for you. **NO EXCUSES!!!!**