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How Cat Ownership Can Be Good for Your Health as You Age


There are more benefits than you may think!

By Cat's Pride (Pat Costello)




CATS CAN BOOST OUR MENTAL HEALTH BECAUSE...

- 1. Your cat keeps you from feeling lonely.** A little feline friend in the house who curls up on your lap while you're watching TV or at the foot of your bed at night is an excellent antidote to loneliness. According to the National Poll on Healthy Aging, sponsored by AARP and Michigan Medicine¹, nearly 9 out of 10 pet owners say that pets contribute to their overall enjoyment of life and feeling loved.
- 2. Your cat helps you feel less stressed.** Their purr antics make you laugh out loud, but there's science involved too. In fact, recent studies found that petting cats and dogs reduced subjects' levels of cortisol², the stress hormone. Having a pet has also been shown to improve owners' mental well-being. The Healthy Aging poll found that nearly 8 in 10 pet owners report that their furry friends help cut down on their stress.
- 3. Cats are low maintenance.** Keeping a feline healthy doesn't take much – food, water, attention, and a good [Lightweight Litter](#). If you're worried about a senior cat, adult cats are clever, already house-trained, and generally have well-established routines (eat, wash face, feed sunbeam, nap, repeat).



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CATS CAN BOOST OUR PHYSICAL HEALTH BECAUSE...


- 1. Cats may strengthen your immune system.** Studies indicate having a cat or dog may heighten some of the body's immune responses, making you less likely to develop allergies or certain conditions³. Also, cat owners may have a reduced risk of experiencing a heart attack⁴. And, since high levels of stress are known to contribute to cardiovascular trouble, your kitty's calming purr (see #2) should be good for your heart, too.
- 2. Cats may help you sleep better.** One study from the Mayo Clinic found that owners who slept with their pets, including cats, felt more relaxed and secure. Their furry friends were also beneficial to their zzz's⁵. And 72% of pet owners surveyed in the National Poll on Healthy Aging credited their pets with helping them cope with physical or emotional symptoms.
- 3. Caring for your cat doesn't need to be backbreaking work.** Doing the dirty deed to clean out your kitty's litter box and lifting the heavy garbage bag can do a number on your back. So, look for litter made of lighter material. [Cat's Pride's lightweight litter is up to 40% lighter than traditional scented brands](#), making cat care easier on your body. Plus, it offers 10-day odor control, no-mess clumps, and is 99% dust-free.

The results are in. Owning a cat may help you live a happier and healthier life. Whether it's by reducing your stress, keeping you company, or helping you get better rest, your pet is a good shambles on you (but don't let it go to your kitty's head). And now you can pass on the benefits – Cat's Pride Litter for Good® program donates a pound of litter for every jug sold, saving shelters money so they can focus their resources on helping cats find their forever homes. Now that's a purr-fect plan!

[Click here to find the ideal litter for your cat.](#)



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¹https://www.aarp.org/health/healthy-living/article/2023/05/16/health-healthy-aging

²Study: Ownership of Pets Reduces Blood Pressure, Heart Disease, Stroke, Cancer, by Anne Whiting, MSW, author

³“The Allergic and Asthmatic Individuals Effects of Farm Livestock and Pet Animals,” study by Heidi Kahlke, University of Guelph, Ontario

⁴“Cat Owners Have Lower Heart Attack Risk,” study by Catherine Pedlow, PhD, Northeast Ohio State University

⁵“The Purr in the Bedroom Problem?” study by Luke E. Krantz, M.D., Mayo Clinic, Rochester, MN



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