**Mayo Clinic Minute**

**Why having a dog is heart-healthy**

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| **Francisco Lopez-Jimenez, M.D.**<br>Cardiovascular Disease<br>Mayo Clinic | "What we found was that those who own a pet, particularly a dog, were healthier from the cardiovascular standpoint."<br><br>Dr. Francisco Lopez-Jimenez says people who have dogs are more likely to get regular exercise, eat a healthier diet and have better sugar levels in their blood. He knows the benefits of having a pup firsthand.<br><br>"I have a German shorthair retriever …"

… named Choco.

"He will be nagging me until we go out — maybe for a short walk, maybe throwing him balls. But what I realize is that anything that I do with my dog will imply physical activity."

Exercise improves heart health because it helps you maintain a healthy weight and controls blood sugar. And dogs can be great mood boosters.

Good for the heart and good for the soul.

For the Mayo Clinic News Network, I'm Dana Sparks. |