

FOR IMMEDIATE RELEASE

Retired and Restless?

Enjoy the Relaxation You Deserve, with the Company of a Pet Pal

MOUNT LAUREL, NJ--July 24, 2012- The faithful companionship of a pet can offer comfort in times of sorrow, peace of mind in times of stress and of course, loyalty for all the times in between. As we grow older, the need and desire for this kind of devoted companionship becomes more significant in our lives, especially during years of retirement.

When it's finally time to hang up your hat, bid farewell to the working world and enjoy the long-awaited years of retirement, you may find yourself wondering what comes next. It's not uncommon for retired individuals to feel restless or anxious during their first few months out of work. Although it's a time to relax, kick your feet up and enjoy a good book, it's likely going to be a difficult transition. To help you adjust to your new routine and offer you companionship during these times of change, consider becoming a pet parent to an animal looking for a loving home.

“There are fewer obligations and there's more time to enjoy each other's company when you become a pet parent as an older adult,” said John D'Ariano, president of the National Association of Professional Pet Sitters (NAPPS). “With an empty nest and an open schedule, there's more time to spend with your furry friend.”

According to the American Association of Retired Persons and the Center for Disease Control and Prevention, there are many health benefits associated with being a pet parent—especially for older individuals. The company of a furry (or feathered) friend can help reduce stress and lower blood pressure and cholesterol. A recent study conducted by the National Institute of Health found that pet parents tend to maintain a healthier weight and a more active lifestyle as they age, compared to individuals without pet companions. The study also concluded that many pet parents experience better mobility during their older years, as oppose to those living without pet pals.

If you're worried that you won't have the energy to keep up with your playful pup, that's no reason to shy away from becoming a pet parent! Professional pet sitters are able to visit your home multiple times a day to help care for your pet and provide him with the daily exercise he craves. If becoming a pet parent to a young, restless puppy or kitten doesn't quite fit your lifestyle, consider adopting a senior pet. Many older pets prefer lounging around the house with their human companion and require less physical activity than the youngsters—an added bonus is that many senior pets have already been potty trained! Regardless of your pet pal's age (and energy level), your professional pet sitter can help create a customized care plan to suit the needs of both you and your furry friend.

“The love you receive from a pet is unconditional,” adds D’Ariano. “Your pet doesn’t care if you’re five years old or fifty—he will be loyal and thankful to have you as a loving pet parent.”

About NAPPS: NAPPS is the only national non-profit trade association dedicated to serving the needs of professional pet sitters. The Association aims to help the pet owning public, those interested in pet sitting, and professionals engaged in the in-home pet care industry by fulfilling its vision statement, serving as “the most respected authority in professional pet sitting.” It does so by providing the tools and support to foster the success of its members. Additionally, pet parents can benefit from NAPPS’ free resources including a disaster preparedness guide, tips on how to select a pet sitter, nationwide referral service, and quarterly teleconferences aimed to educate the pet owning public. To find a pet sitter in your area, check out NAPPS’ nationwide “Pet Sitter Locator” at www.petsitters.org. For more information on NAPPS, please follow [@TheNAPPS](https://twitter.com/TheNAPPS) on Twitter or join us on Facebook at facebook.com/TheNAPPS.

###

Media Contact:

Caitlin Watterson
Communications Coordinator
856-642-4218
cwatterson@ahint.com