Dogs Get Us Outdoors
(even if it’s only 7% of our lives)
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May 13, 2015

According to the Environmental Protection Agency (EPA), the average American spends 87% of their life indoors with another 6% spent in automobiles for a total of 93% habitating in enclosed spaces. That leaves only 7% of one’s entire life to spend outdoors. Translated to daily life, we average only about 100 minutes of our day outside. For many, that’s time spent walking the dog or hanging out at the dog park. My outside quotient averages closer to 120 minutes per day—what with a morning and an evening walk, plus a daily noontime stroll. The revelation is that thanks to our dogs, I spend more time outside than the average American! Another reason why dogs make us healthier, happier and closer to nature by getting us outdoors …

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