Who's my little hoochie-coochie poochie? Jamie First

For those yet to have a date on Valentine's Day, Animal Aid has got you covered.

The leading animal welfare organisation is encouraging people to adopt a pet on the special day for unconditional TLC, rather than risking heartbreak with someone of the two-legged variety.

Animal Aid chief executive Justin Eastcott said dogs were the perfect, affectionate companion year-round.

"Dogs not only brighten your day, but they also make you go out and exercise, and always give you loads of attention," Mr Eastcott said.

"Valentine's Day is a lovely celebration for people to show thanks and appreciation to those they love, and our four-legged companions should not miss out either."

The organisation has even released a list detailing why people should choose canines over humans.

For women, it includes dogs not having a problem expressing their affection in public, middle-aged dogs never feeling the need to trade you in for a younger owner and dogs refraining from playing video games or watching AFL.

For men, it covered a dog's parents never visiting, never having to wait for a pooch to be ready, a dog failing to notice when you call them by another name, and enjoying fishing and four-wheel drive trips.