Looking for a way to have more energy and maybe even live longer? Then lace up your tennis shoes and take a walk.

**The payoffs of walking**
Walking can make you feel better, physically and mentally, and the long-term health benefits are even more impressive.

**Manage your weight.** Combined with healthy eating, physical activity is key for long-lasting weight control.

**Strengthen your heart and lungs.** When your heart and lungs work efficiently, you’ll have more energy.

**Reduce your heart attack risk.** Walking keeps your heart healthy by lowering cholesterol levels.

**Control your blood pressure.** Walking helps reduce high blood pressure in many cases.

**Decrease your risk for diabetes.** Walking helps address conditions that create the risk of diabetes. If you already have diabetes, a regular walking program can help lower your blood sugar.

**Boost your spirits.** Going for a walk is a super way to reduce stress. Regular walking can also help lower feelings of depression and anxiety.

**Improve your sleep.** Regular physical activity can help you fall asleep more quickly and deepen your sleep. A good night’s sleep can improve your concentration, productivity and mood.

**Enhance your mental functioning.** Research shows that regular physical activity improves blood flow to the brain, which translates to a better ability to think.