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Founder of
The Daily Mile,
Elaine Wyllie

Join the movement

What is The Daily Mile?

The goal of The Daily Mile is to improve the physical, social, emotional and mental health, and wellbeing of our children – regardless of age, abilities or personal circumstances.

It is a profoundly simple but effective concept, which any school can implement completely free of charge and without the need for staff training. Its impact can be transformational – improving not only the children's fitness, but also their test scores, mood, behavior and general well-being. The Daily Mile is not sports or PE, but health and well-being through daily physical activity.

Children are encouraged to jog or run outside for 15 minutes every day at a time of their teacher's choosing. In this time, most children will average a mile or more distance – and so, The Daily Mile is born!



To find out more, visit www.thedailymile.us/

Why The Daily Mile?



It's fun!



It's 100% inclusive
– every child.



The weather is a
benefit, not a barrier.



No track required.



It's simple.



Children run and jog
at their own pace.



No kit, equipment
or set-up required.



It's safe – children
do The Daily Mile
in school.



Teachers decide when
their class should do
their Daily Mile.



It only takes
15 minutes!



Join The Daily Mile movement at www.thedailymile.us/

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