

A Simple Solution for a more Productive Classroom



Want your students to stay more focused in the classroom? The Daily Mile gives you the tools to make that possible!

You can make a huge difference in children's lives with The Daily Mile.

For 18 years, Megan has been changing the lives of her students. Although she cherished each day, she had recently grown concerned with the number of students struggling to stay focused. Megan needed a way to improve classroom culture, motivation, and engagement when she decided to try The Daily Mile. By asking students to run each day, she saw an increase in energy, happiness, and classroom participation. This simple and effective solution unlocked the successes that drew Megan into teaching years ago.

What is The Daily Mile?

The Daily Mile is a FREE, simple, sensible program. It's a fun, social 15-minute exercise and brain break during curricular time. It's been proven to improve the physical, social, emotional and mental health, and wellbeing of our children - regardless of age, ability or personal circumstances.

Contact Us

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How do I get The Daily Mile for my class?

Talk to your school's Principal or Superintendent about addressing the needs of all children through The Daily Mile. All it takes is one or two classes to give it a try!

