

COVID-19 has caused enough problems. Don't let childhood obesity be one of them.



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. Learn more at www.thedailymile.us

The Daily Mile At Home

Being active shouldn't stop at home. Join the movement to keep our kids healthy with The #DailyMileAtHome. To learn more at www.thedailymile.us/athome

These free, simple, and easy-to-implement programs keep kids healthy!

US children are now among the most overweight in the world. Activity levels are lower than ever. The global pandemic has only made staying active more difficult. Long-term physical health of our children is not the only reason to worry. Record levels of mental health issues in children are also reason for concern. It is clear that, as the adults responsible for the health of our nation's children, we must act now.

Join the thousands of people worldwide who are helping children to improve their health and wellbeing. The Daily Mile and The Daily Mile At Home are free, simple, and easy-to-implement programs. Schools and parents can find FREE resources to help keep kids healthy online at www.thedailymile.us.