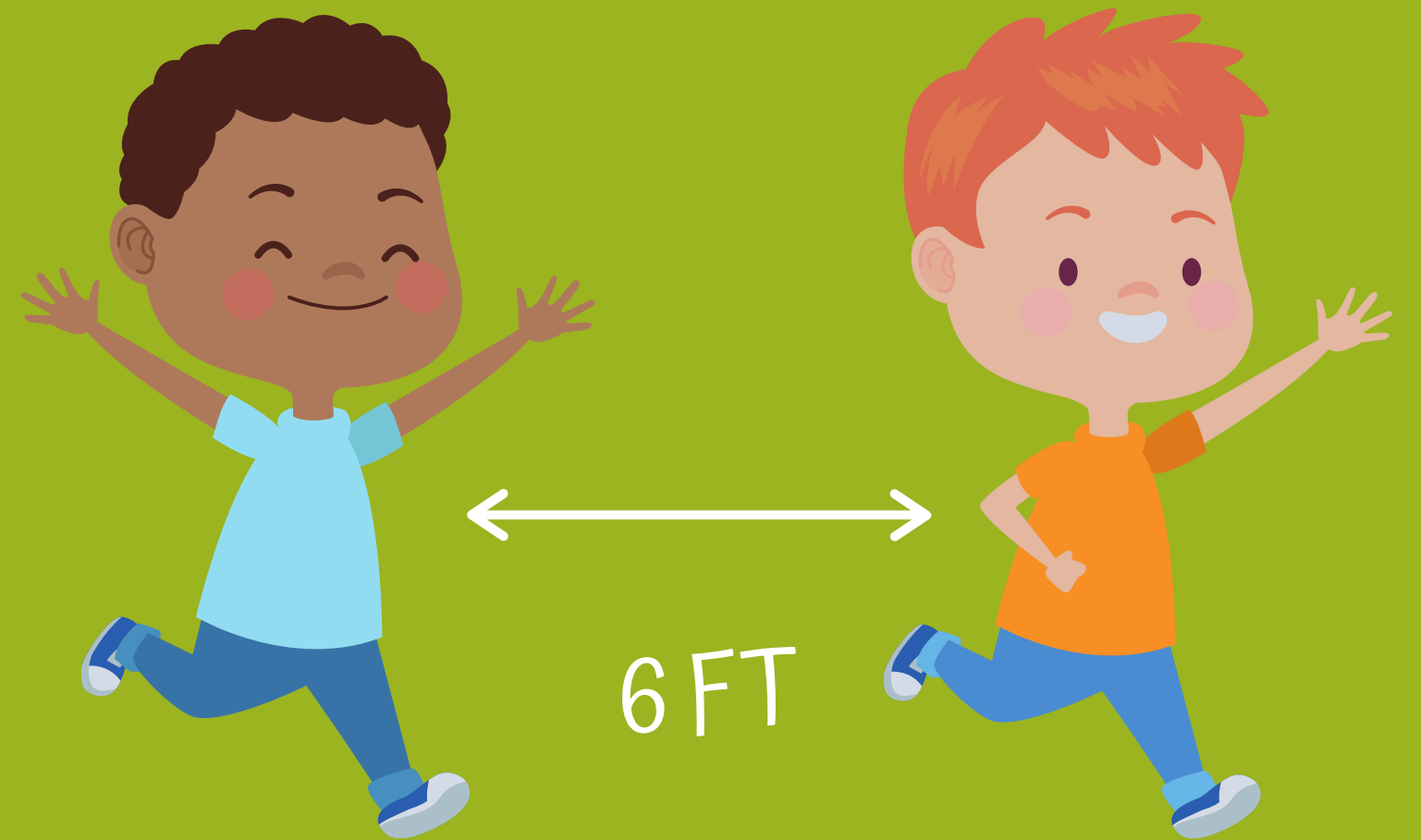


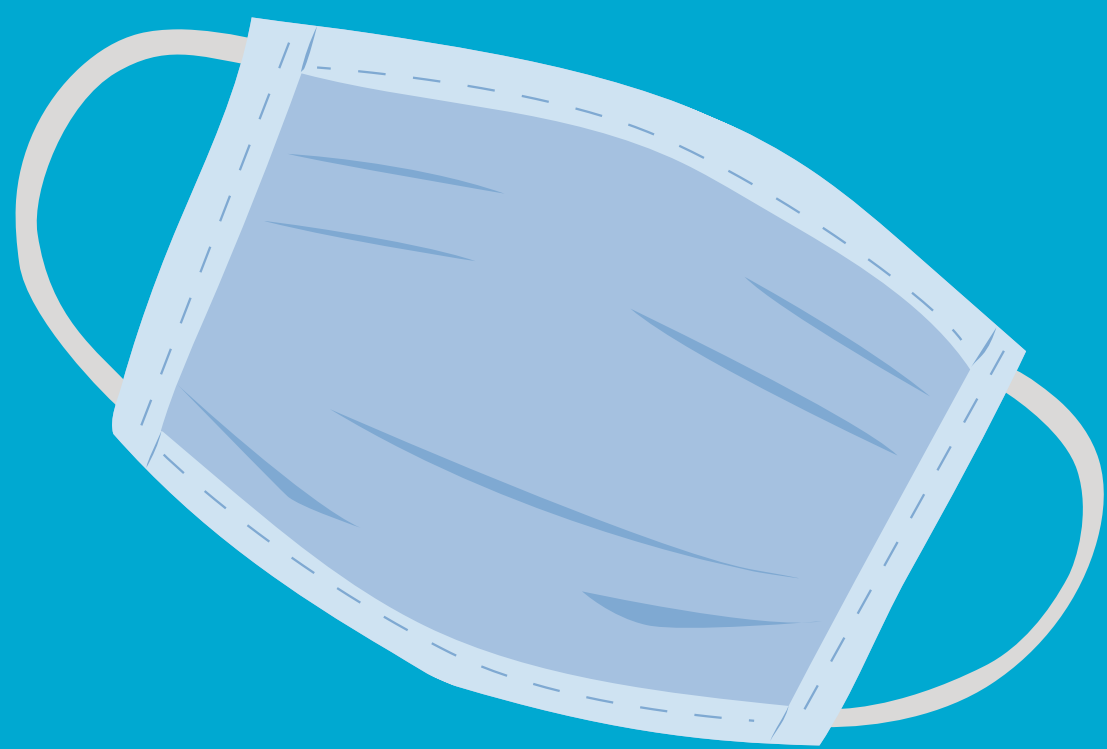
STAY SAFE AND ACTIVE



Wash your hands with soap and water.



Stay 6 feet apart from your friends.



Wear a face mask.
Stay home if you feel unwell.



Stay active and healthy. Run, walk or jog for 15 minutes each day.

The Daily Mile is a 15 minute break that keeps kids active, healthy, and focused. Learn more about the benefits of The Daily Mile and download free resources at thedailymile.us/resources.

