

#DailyMile

What is The Daily Mile?

www.thedailymile.us



The Daily Mile

IS

IS NOT



Running, Jogging,
or Walking



15 minutes



Simple, Fun, & FREE



Outside



Riding Bikes, Scooters,
or Rollerskates



Inside



Competitive



About Distance

The Daily Mile is a social and physical activity, with children running or jogging - at their own pace - in the fresh air with friends. Children can occasionally walk to catch their breath, if necessary, but the goal should be to run or jog for the full 15 minutes.