

Let's help
children &
teachers live
healthier,
happier lives
for free.



The Daily Mile is a FREE, safe, all-inclusive program that gets elementary school children outside for 15 minutes a day to run, walk, jog, or roll.

The simple yet groundbreaking program delivers measurable results in just four weeks. Teachers know when The Daily Mile works best and many do it when ...

- ✓ Students need to burn off excess energy
- ✓ Students are having trouble focusing
- ✓ Before difficult subject matters or lessons
- ✓ Teachers need to reconnect with students

Backed by university research, The Daily Mile is an evidence-based initiative for improved physical, mental, emotional, and social health and wellbeing.



Increase Physical & Mental Health

The Daily Mile improves heart health, reduces body fat, and promotes healthy body composition.



Improve Emotional Wellbeing

The Daily Mile supports self-esteem and happiness. It helps reduce anxiety and increases confidence.



Improve Classroom Focus

The program improves concentration and memory. Students return to class focused and eager to learn.



Boost School Morale

Teachers and students appreciate this self-care time to reconnect and refocus outside of the classroom.

Simple & Safe to Implement

Sign up today and start tomorrow. No special equipment, prep, lesson plans, training, or track required. The Daily Mile is safe for use during COVID-19.

100% Free

Zero funding or sponsors needed. Any elementary school can sign up and we will never upsell any other product or service.

Meets CDC PA Guidelines

Helps schools meet Whole School Whole Community Whole Child (WSCC) models, School Health Guidelines, & the National Health Education Standards (NHES).

Sign up today at www.thedailymile.us