



Join the movement



What is The Daily Mile?

The aim of The Daily Mile is to improve the physical, social, emotional and mental health, and wellbeing of our children – regardless of age, ability or personal circumstances.

It is a profoundly simple but effective concept, which any school can implement completely free of charge and without the need for staff training. Its impact can be transformational – improving not only the children’s fitness, but also their attainment, mood, behaviour and general wellbeing. The Daily Mile is not sport or PE, but health and wellbeing through daily physical activity.

Children are encouraged to jog or run outside for 15 minutes every day at a time of their teacher’s choosing. In this time, most children will average a mile or more distance – and so, The Daily Mile is born!



Features & Benefits of The Daily Mile



Quick – 15 minutes



Every Child



Free, Fun & Sociable



own pace



No Equipment



Benefits Children



Increases Fitness



Boosts Mental Health



Improves Concentration



Builds Relationships





Find out more and sign up today at
www.thedailymile.us

