



MAP TO MOVEMENT

A guide for community health representatives

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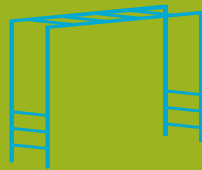
Contact The Daily Mile Program Manager

1

Learn why

3

Introduce
The Daily Mile
to schools



Map to Movement for Community Health Representatives

1

Learn why The Daily Mile helps children & schools

The Daily Mile is a life-changing opportunity for children and the adults who lead them. Created by an elementary school principal and her students, The Daily Mile is proven, effective, and sustainable. It is 100% free for schools.

The Daily Mile is a physical activity initiative where kids walk, run, jog, or roll outside in the fresh air with friends for 15 minutes a day, 3-5 times per week.

After implementing The Daily Mile three times a week for four weeks, all able-bodied children should feel improved fitness. They will be running or jogging for most or all of the way.

Below are the benefits of doing The Daily Mile ...



Increases Fitness



Boosts Mental Health



Improves Concentration



Builds Relationships

2

Contact The Daily Mile Program Manager

Next is to contact The Daily Mile Program Manager Bill Russell. Bill is a career educator that believes The Daily Mile is a major piece of the solution for all children and their teachers. He will talk through the best paths to implementation at the elementary school(s) of your choice.

**Contact Bill Russell at 281-535-6820 or by email at
williamrussell@thedailymile.us**

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Introduce The Daily Mile to a school administrator

The next step is to introduce The Daily Mile to a principal or school administrator at the elementary school(s) of your choosing.

- Use the benefits icons from Step 1 and features icons shown below as your guide to explain The Daily Mile.
- Are physical activity mandates being met for all children? Explain why the school needs The Daily Mile to meet these mandates.
- Explain the additional benefits of The Daily Mile including how it helps connect students' minds and bodies. Positive habits start now and last a lifetime.
- Explain that research proves this physical activity initiative improves learning. It increases student engagement inside the classroom and decreases behavior interruptions.
- Make a connection to the Whole Child initiative.
- Suggest a trial with one to three classes for a month. A Class Evaluation (pg. 4) can be used to prove the success of the program.

Be sure to send the principal to www.thedailymile.us/map where s/he can download the Map to Movement for Principals!



Free, Fun & Sociable



No Equipment



Own Pace



Every Child



Quick - 15 Minutes



PRO TIP

Visit www.thedailymile.us/resources to download free resources including the CDC Guidelines supported by The Daily Mile, a Class Evaluation, Case Studies, and more. Look under "The Daily Mile School & Community Resources" section.

CLASS EVALUATION FOR THE DAILY MILE



DIRECTIONS: This form will help you evaluate the physical, mental, and emotional benefits to your students after they do The Daily Mile. Complete this form after your class begins The Daily Mile (START). Complete the form again after 2 weeks of doing The Daily Mile (MIDDLE). Finally, complete the form after your class has done The Daily Mile for 4 weeks (END). At the end of the fourth week, compare the results with the previous weeks.

START DATE: _____ END DATE: _____ CLASS ROLL: _____ GRADE: _____

PHYSICAL HEALTH & WELLBEING	START	MIDDLE	END
# of Students participated in The Daily Mile			
# of Students who ran for the full 15-minutes			
# of Students who walked for the full 15-minutes			
EMOTIONAL HEALTH & WELLBEING			
Provide students with The Daily Mile Mood Meter (see page 2). After doing The Daily Mile, call out each color square (pink, orange, blue, & green). Ask students to give a thumbs up on the color that represents how they are feeling. Record the number of students in each box for that day.			
# of Students who chose Pink – Negative / High Energy			
# of Students who chose Orange – Positive / High Energy			
# of Students who chose Blue – Negative / Low Energy			
# of Students who chose Green – Positive / Low Energy			
MENTAL HEALTH & WELLBEING Rate each category below using a score from 1 (low/disagree) to 5 (high/agree).			
My students returned from The Daily Mile feeling happier			
I experienced fewer class interruptions after The Daily Mile			
My students were more focused & eager to learn after The Daily Mile			
My students connected with each other during The Daily Mile			
I connected with my students during The Daily Mile			

TEACHER NOTES
