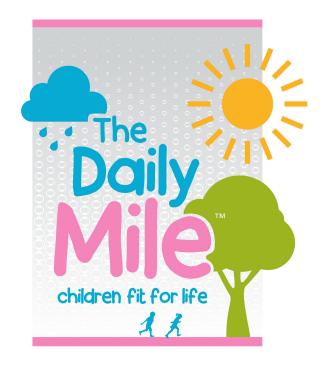


Physical Activity Impacts Mental Health

Just 15 minutes of moderate exercise, like walking, generates feel-good chemicals that can reduce anxiety & depression







The Daily Mile is a fun, free, and simple whole child health initiative. Get your school started today. Scan the QR Code to learn more!



Our turnkey classroom programs raise awareness about depression, reduce stigma, and empower young people to take ownership of their mental health.