



Physical Activity *Impacts* Mental Health

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

DID YOU KNOW?



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!



Erika's Lighthouse[®]



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