

Fast Facts

The Daily Mile is life-changing. It takes children outdoors to run, jog, roll, or walk for 15 minutes a day. The Daily Mile is fully inclusive. All people feel the benefits of The Daily Mile.

Why The Daily Mile?

- ✓ Research shows children improve.
- ✓ It's a solution for schools – better behavior, Improved learning, and mental health booster.
- ✓ It's FREE & simple with no equipment necessary.
- ✓ Children love running the Daily Mile. They embrace running as a fun activity.
- ✓ It's quick – 15 minutes from start to finish.



Why is The Daily Mile so important for students (and teachers)?

*1 in 6 kids aged 2-8 has a mental, behavioral, or developmental disorder.
1 in 5 adults will experience a mental illness in a given year.
*Centers for Disease Control and Prevention



Who can be part of The Daily Mile?

- The Daily Mile is a Move to Movement.
- All are welcome to be a part of this positive, lifelong health habit.

By the numbers

386 Schools
50 States

Nearly 4 Million children across the world are running The Daily Mile – and that number is growing every day!

What does The Daily Mile do?



Increases Fitness



Improves Concentration



Boosts Mental Health



Builds Relationships