



Hello!

**Thank you for registering to take part in the nation-wide
America Does The Daily Mile on February 14th**

The Daily Mile™ is a 15-minute physical activity program where children walk, jog, run, or roll. It is a life-changing opportunity for children and the adults who lead them. Created by an elementary school principal and her students, it is proven, effective, and sustainable. It is 100% free for your school family – forever.

Our goal is to give all elementary school children in America the chance to experience all the benefits of The Daily Mile by doing it on the same day.

How It Works

America does The Daily Mile is designed to be as easy as possible for all schools and daycares!

1. Visit www.thedailymile.us/day/ to download and print the fun resources for your students including a school poster, certificate, and more!
2. Head outside to do The Daily Mile at a time that works best for your class on February 14th.
3. Snap a few pictures and tag @TheDailyMileUSA and use #DailyMileDay on social media. Or email your photos to Program Manager Bill Russell at williamrussell@thedailymile.us. We'll celebrate your success online!
4. Award your school or class a special certificate signed by The Daily Mile Founder.

Happy Valentine's Day!