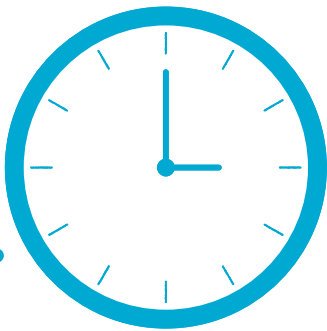




7 REASONS WHY THE DAILY MILE IS A WIN FOR OUR KIDS

QUICK



The Daily Mile is only 15 minutes! It's a short time away from the core curriculum to focus on mental health!

INCLUSIVE



All kids participate and may run, jog, walk, or roll at their own pace.



SOCIAL

Kids do The Daily Mile with their classroom teachers and classmates.

FUN

Kids have fun while being active!

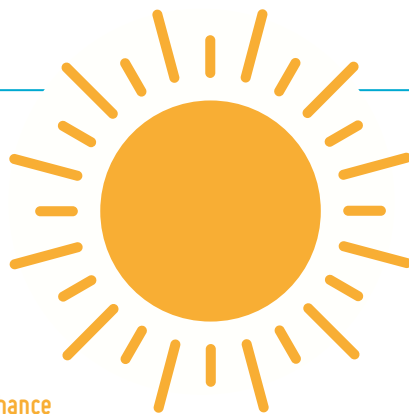
EASY

Kids wear their school clothes. Parents don't need to send extra clothes or do extra washing!



OUT-DOORS

The outdoor movement of The Daily Mile gives kids a chance to breath fresh air and enjoy the environment.



Kids get a chance to reset and return to class ready to focus.

RESET



Learn how to help your child's school join The Daily Mile movement at thedailymile.us