The Daily Mile™
children fit for life
supported by INEOS



Join the movement



Founder of The Daily Mile, Elaine Wyllie, MBE

What is The Daily Mile?

The aim of The Daily Mile is to improve the physical, social, emotional and mental health, and wellbeing of our children – regardless of age, ability or personal circumstances.

It is a profoundly simple but effective concept, which any school can implement completely free of charge and without the need for staff training. Its impact can be transformational – improving not only the children's fitness, but also their attainment, mood, behaviour and general wellbeing. The Daily Mile is not sport or PE, but health and wellbeing through daily physical activity.

Children are encouraged to jog or run outside for 15 minutes every day at a time of their teacher's choosing. In this time, most children will average a mile or more distance – and so, The Daily Mile is born!

To find out more, visit **www.thedailymile.co.uk**



Why The Daily Mile?

- It's fun!
- It's 100% inclusive – every child.
- The weather is a benefit, not a barrier.
- No track required.
- It's simple.
- Children run and jog at their own pace.
- No kit, equipment or set-up required.
- It's safe – children do The Daily Mile in school.
- Teachers decide when their class should do their Daily Mile.
- It only takes 15 minutes!



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