



Published research on The Daily Mile

Benefits of The Daily Mile reported in published academic research



Educational

- Improvements in cognition and academic performance, specifically:
 - Up to 7% improvement **alertness** and **verbal memory**
 - 16% **reduction in errors** in reaction time test ¹
- Perceived positive changes in pupils' **behaviour**:
 - Attention ²
 - Concentration ^{3,4}
- Can **make contributions to other parts of the curriculum**, which teachers believed can enhance learning outcomes ⁴



Psychological

- Affects **self-esteem** and **attitude**:
 - **Increased feelings of happiness** and improvements in self-esteem ⁵
 - Improved attitudes towards physical activity ⁵
- Positive changes to overall **wellbeing**:
 - 7% increase in mood ¹
 - Children reported feeling calmer after The Daily Mile ⁶



Social

- Relationships:
 - Strengthens **peer relationships** ^{2,4,5}
 - Children work better together ⁷
 - Improvements in group work and teamwork ⁵
- Increased **teacher-pupil rapport** ^{4,8}



Behavioural

- Increases children's **daily physical activity** behaviour ^{9,10}
- Teachers attribute improvements in **sporting performance** to participating in The Daily Mile ⁵



Physiological

- Children's **fitness improved** up to 9% ^{5,9,11,12,13}
- Changes in **weight status** and **body composition**:
 - Decrease in body mass index (BMI) for girls ¹⁴
 - 4% decrease in body fat ⁹
- Increased leg **strength** by up to 5% ¹²



Other

- The Daily Mile initiative was found to be **cost-effective**, especially for girls (97% probability of being effective) ¹⁴
- 81-96% of teachers perceived **positive effects on school environment** ¹²
- It's **easy to implement and adaptable** to suit specific primary school contexts ^{3,5,12}

The Daily Mile Foundation is committed to ensuring that the science base behind The Daily Mile continues to develop. As such, The Daily Mile Foundation:

- Has partnered with Imperial College London who are undertaking a three-year scientific study, exploring the impact of The Daily Mile on children's physical health and educational attainment.
- Coordinates a Research Advisory Group comprised of academics from Universities around the world, to encourage research collaboration and knowledge transfer.



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