

Welcome pack

Join the movement





What is The Daily Mile?

The Daily Mile is simple and free. We want to get children fit for life and fit for learning by encouraging them to run or jog for 15 minutes every day in their schools or nurseries.

It is a physical activity which promotes social, emotional and mental health and wellbeing, as well as fitness.

It takes place outside in the fresh air during the school day at a time of the teacher's choosing. Children run in their school clothes and no special kit or equipment is required.

Has your school joined The Daily Mile movement?

If your school does The Daily Mile, make sure you've signed up via our website to appear on our global participation map and receive all the latest news and updates from The Daily Mile team: www.thedailymile.co.uk/school-signup/



Contact The Daily Mile Team

Let us know how you're getting on with your school's Daily Mile. Share your photos, videos and feedback with us on Twitter, Instagram and Facebook - we love to hear from you!

If you run into any difficulty setting up your Daily Mile, don't worry - you can contact one of the team at www.thedailymile.co.uk/contact

[f/thedailymile.uk](https://www.facebook.com/thedailymileuk)

[@_thedailymile](https://twitter.com/_thedailymile)

[/thedailymileuk](https://www.instagram.com/thedailymileuk)

[in /the-daily-mile-foundation](https://www.linkedin.com/company/the-daily-mile-foundation)

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A simple and effective approach to the health and wellbeing of children

In February 2012, I asked a class of ten-year-olds to run around the path that circled our school playing field.

By halfway, most children were exhausted. They were completely unfit, and they saw the problem for themselves. What could be done about this? I sat down with the class and their teacher to discuss the situation. The children were keen to try running round the path together for fifteen minutes every day, to see what level of fitness they could achieve after a month. What happened next surprised us all.

The results were remarkable. The children looked better, felt better and were much fitter. They were averaging a mile in the fifteen minutes - so The Daily Mile was born. In that first month, the children had found their own way to the answer and they wanted to keep going. Despite the name, it's never a set distance. It's always just 15 minutes a day with each child running and jogging at their own pace.

Other classes soon wanted to take part so, by the summer holidays, all 420 children were doing The Daily Mile.

The improvements in the children's physical health were obvious to everyone. We could have predicted

that running daily would make them fit, but we didn't foresee all the other equally important benefits to their mental, emotional and social health and wellbeing, which became apparent over time.

Now children in schools and nurseries across the world are enjoying and benefitting from The Daily Mile. Every child takes part, including those with special and complex needs. It introduces daily physical activity into children's lives, outside in the fresh air, and it has the enthusiastic support of parents, staff and the children themselves. Without this it could not have been sustained for so long. On reflection, The Daily Mile works because it is easy for schools to implement, and the barriers to participation in physical activity are removed.

The free and simple Daily Mile has had a profound effect on children across the world. They are physically fitter, more focused in class, happier and more resilient. Its common-sense approach means that it has been readily adopted by schools and nurseries across the UK and we now have partners who are leading its implementation globally.

A few years after it began, the Scottish Government and many others recommended that every child should have the opportunity to do The Daily Mile.

“We could have predicted that running daily would make them fit, but we didn't foresee all the other equally important benefits to their mental, emotional and social health and wellbeing, which became apparent over time.”

Elaine Wyllie MBE

Published research, conducted by several universities in the UK and beyond, supports this view. Findings continue to provide evidence of how effective The Daily Mile is in improving the physical and mental health of children, and in helping to combat obesity.

It is widely accepted that the problem of children's health and fitness needs to be addressed. I believe that a coherent, affordable and consistent approach such as The Daily Mile is needed. It is sustainable, effective and will always be free. I encourage you to implement The Daily Mile in your setting and see the results for yourself. I'm sure that your children will have as much fun doing The Daily Mile as the children at my former school do - and will experience the same benefits.

Elaine Wyllie MBE, former primary school head teacher and founder of The Daily Mile.

Elaine Wyllie

The Daily Mile is supported by senior representatives across health, education and sport, who all agree that every child should have the opportunity to do The Daily Mile.

Photograph courtesy of Tom Jamieson



10 core principles

Your steps to Daily Mile success



QUICK

It takes just 15 minutes with no time spent changing, setting up or tidying up. Transitions between class and route should be slick.



FUN

The Daily Mile is physical activity in a social setting and must be fun for the children. They can chat to their friends as they run along enjoying the experience together.



100%

It's always fully inclusive - every child, every day. They should all be out together in the fresh air. Children with mobility difficulties should be supported to take part.



WEATHER

Treat the weather as a benefit, not a barrier. Children enjoy being outside in different types of weather, connecting with nature and being aware of the seasons.



ROUTE

Ideally, your Daily Mile route should have a firm and mud-free surface - most schools use the playground or an existing path. Incorporating child-pleasing loops and squiggles works well.



RISK

Risk assess the route in order to ensure that The Daily Mile is a safe activity. Please see a sample risk assessment on our website.



WHEN TO GO

The Daily Mile should happen during curricular time, at least three times a week. Ideally, the class teacher should decide when to go out - they know their class and can respond flexibly to their needs.



CLOTHES

The children run in their school clothes without changing into kit; jackets on if it's cold or damp and sweatshirts off if it's warm.



OWN PACE

The children go at their own pace. Done properly, it's not a walk - able-bodied children should aim to run or jog for the full 15 minutes with only occasional stops to catch their breath, if necessary.



SIMPLE

Keep it simple. Resist the temptation to overcomplicate it. It should always be social and fun. From time to time, you may wish to connect it to the curriculum or do something seasonal, for example, running Laps to Lapland.



Setting up The Daily Mile in your school

1 BEFORE YOU START

It's good to ensure that staff, children and parents know exactly what The Daily Mile is, what the benefits of The Daily Mile are, and that it's not competitive. The children always run at their own pace, often using the language of friendship to support and include each other.

2 PLAN YOUR ROUTE

Schools normally use their existing playground, as all-weather surfaces such as tarmac are ideal. They are also easily risk-assessed. Child-pleasing squiggly paths work well. If possible, make the route about 5-10 laps long. This allows the children to enjoy running as many laps as they can in the 15 minutes, without anyone appearing to be in the lead.

3 GETTING STARTED

You might decide to start with one class or one year group, then scale it up to the whole school and nursery, or every class might start on the same day. Many schools and nurseries have held successful launch events, which quickly raises the profile of The Daily Mile in their community. Some schools carry out a survey at the start and again after a few weeks.

4 HOW TO BUILD THE CHILDREN'S FITNESS

It's important not to introduce The Daily Mile as a walk. The children should be encouraged by their teacher to run and jog at their own pace, for 15 minutes. After about four weeks, all able-bodied children should be running or jogging for most or all of the way.

5 WHEN TO DO THE DAILY MILE

Try to avoid a tight timetable - it's best if the timing of The Daily Mile is as flexible as possible, with the class teacher deciding when to go out. To ensure that everyone receives the full benefits do it daily, going out in almost all weathers.

6 WHO DOES THE DAILY MILE?

Everyone! It's always fully inclusive, so make sure all children are out in the fresh air every day. Staff should support the children and can run with them or encourage them from the side. Children with special needs should be supported, as appropriate, to take part.

7 HOW TO KEEP IT SLICK

Staff should make the transitions very slick - from class to outdoors and back in again, so that The Daily Mile takes no more than 15 minutes in total.

8 FINALLY, KEEP IT SIMPLE!

The Daily Mile should always be kept social and fun. The main thing is that the children go out to run for 15 minutes a day to get fit in the fresh air with their friends!





The Daily Mile Removes barriers to participation in physical activity and facilitates wider engagement in PE and sport

The Daily Mile is easy to implement and fun to do. Even children who are reluctant to take part in PE enjoy and participate happily in The Daily Mile. Children with mobility difficulties and SEN should be fully supported to take part as well.



No change of kit: there's no 'cool'/'uncool' kit, no time spent changing, no lost or forgotten kit.



No revealing your body, so fewer issues around body image.



No specialist input required: no equipment, set up, tidy up or warm up necessary.



No staff training required. No extra workload for staff. No planning or measurement needed.



Not competitive. No need to be sporty - it's health and wellbeing, not PE or cross-country. The children set their own pace.



Safety - takes place outdoors under supervision on the school premises, usually in the playground or on existing paths.



No costs - it's easy and is free to implement.



Fully inclusive - it's for every child, every day, regardless of age, ability or personal circumstances.

The Daily Mile works...

Successful implementation of The Daily Mile can be summarised as 'every child, every day', based on the 'Four Fs': fun, friendship, fresh air and fitness.

...for children aged 4+

Children become more aware of their health and the need to take responsibility for it.

Improves body composition - bone density, muscle strength and cardiovascular health.

Helps children achieve and maintain a healthy weight.

Benefits children with a range of health issues, including those with special and/or complex needs.

Overall balance, gross and fine motor skills are enhanced.

It's 100% inclusive and no-one is left behind - every child succeeds.

It's not a race or competition - there is no sense of failure.

Children enjoy it - having fun, in the fresh air with friends, and a sense of freedom.

Children connect with the weather, seasons and nature.

Supports improvement in self-efficacy, satisfaction and happiness.

...for teachers and head teachers

There is no workload - no training, planning assessment or measurement is required.

The Daily Mile is simple and free to implement.

It's proven to be sustainable - happening all year round, every year.

It always takes place outdoors in a safe, risk-assessed school environment.

It helps improve focus, concentration and behaviour in class.

Physical activity is known to improve attainment.

Teachers can, if they wish, choose to link it to aspects of the curriculum.

It embeds daily physical activity into the school's approach to health and wellbeing, and promotes health awareness and self-care.

It helps schools to meet the recommendations for daily physical activity outlined by the UK Chief Medical Officer and others.

The children are much fitter and can access sport and PE more readily.

...for parents and carers

It meets the needs of childhood - freedom, fun, fresh air and friends.

It takes place in a safe and secure environment.

Children are noticeably fitter - usually only four weeks after starting to run regularly.

It helps children achieve a healthy weight, reducing obesity and improving body composition.

No need to transport children to clubs or events - and it's free.

It prevents children being too sedentary and encourages physical activity out of school.

Children develop greater resilience and confidence.

Enhanced attainment is linked to increased physical activity.

It helps children feel happy.

Mental health and wellbeing can be enhanced by regular physical exercise.

Many children will sleep and eat better.

...for nursery children

Links to early nutrition - children come back in from their Daily Mile to a healthy snack/lunch and drink of water.

Read the Scottish Government's guidance for doing The Daily Mile with young children: goo.gl/ERdFWY

Aids learning about the natural world and their physical environment.

Encourages the children to 'self-care' and to take greater responsibility for their own health and wellbeing.

By starting at an early age, we are able to provide all children with the opportunity to develop their 'physical literacy' and improve their body composition for the rest of their lives.

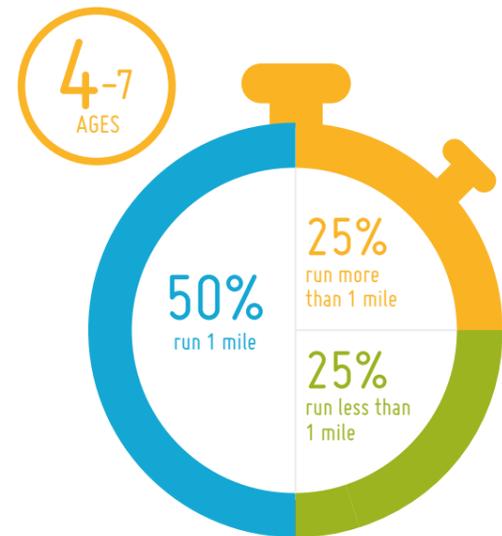


Children go at their own pace for 15 minutes

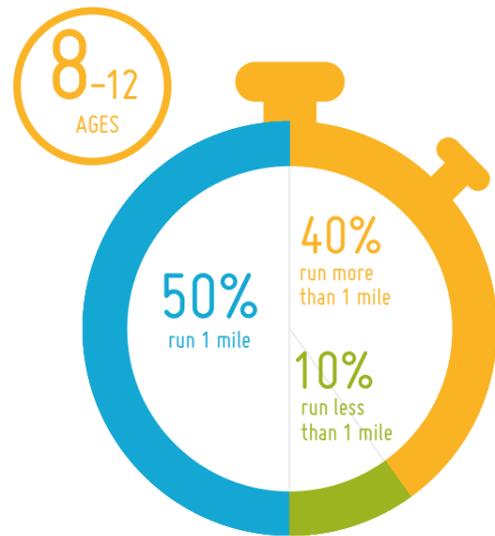
Source: the University of Stirling, 2015

How far do they run in that time?

The number of laps the children will complete varies, as shown by average distances covered below. Children as young as two years old can take part in The Daily Mile at a suitable pace.



75% of younger children run a mile or more



90% of older children run a mile or more

The impact of The Daily Mile on health & wellbeing

As reported by teachers, parents, children and scientific research. References for this page can be found on "The Benefits of Physical Activity - How The Daily Mile can help" resource, on our Research Hub.

<p>Children with SEN or ASN feel the benefits of regular participation. Belmont School or Oaklands School</p>	<p>Classes experience the pleasure of being outdoors.</p>	<p>Fitness and energy levels are improved. Research backed 22,24,25,26,27</p>	<p>Better focus and concentration in class. Research backed 30,31,32,33,34</p>
<p>Children are happier. Stress and anxiety are reduced. St Polycarps Catholic Primary School</p>	<p>The Daily Mile helps children towards achieving a healthy weight. Research backed 22,28</p>	<p>Can help build self-esteem and confidence since The Daily Mile is non-competitive and fully inclusive. Morgans Primary School</p>	<p>Children bring benefits home-eating, sleeping better and encouraging active family life. St Mary's Catholic Junior School</p>
<p>As a social activity, it can improve existing relationships. Research backed 27,31,32</p>	<p>Children can engage with nature and the seasons.</p>		

What does the science say?

How being more active improves health and wellbeing

Taking part in regular physical activity has lots of benefits for children's physical health, mental health and wellbeing, and their learning.¹

<p>It improves bone health and muscle strength in children.²</p>	<p>It enhances fitness and improves heart health.^{3,4}</p>	<p>It reduces body fat and promotes healthy body composition.^{4,5}</p>	<p>It supports self-esteem and happiness.^{6,7,8}</p>
<p>It helps reduce anxiety and increases confidence.^{9,10}</p>	<p>It improves focus and concentration¹¹ and can help improve classroom behaviour.¹²</p>	<p>It improves memory function,³ maths problem solving and performance.^{13,14}</p>	<p>It supports improved academic attainment¹⁵ and cognitive performance.^{16,17,18}</p>

<p>... physical health and wellbeing</p> <p>The Daily Mile helps children be more active and less sedentary^{22,23} and significantly increases their fitness levels.^{1,24,25,26,27}</p> <p>The Daily Mile improves children's body composition by reducing body fat²², and has a positive impact on body mass index in girls.²⁸</p>	<p>... mental health and wellbeing</p> <p>Children report feeling happier, more awake and calmer after doing The Daily Mile^{27,29,30} and improves attitudes towards physical activity.²⁷</p> <p>Teachers report that The Daily Mile improves teacher-child and peer-to-peer relationships.^{27,31,32}</p>	<p>... learning</p> <p>The Daily Mile increases children's alertness and can help increase verbal memory - these skills enhance children's ability to learn.³⁰</p> <p>Teachers report that The Daily Mile helps children's attention, focus and concentration in class^{31,32,33,34} and its social nature supports children to work better together.^{27,35}</p>
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To view all published research on The Daily Mile, visit our Research Hub: www.thedailymile.co.uk/research/

References for this page can be found on "The Benefits of Physical Activity - How The Daily Mile can help" resource, on our Research Hub.

What they say about The Daily Mile

Don't just take our word for it! Hear what children, teachers and staff, parents and carers have to say about The Daily Mile.

Children

“It is fun because we get to talk with each other. It is exciting because you have fun, and you can do fast, slow or medium jogs, and it makes you ready for the day. Also, sometimes you get to see some of your friends that you haven't seen for a while.”

Pupil, Belmont School (SEN)

“I like it because it shows we can do running in any weather and any day, at any moment!”

Y4 pupil, Hallfield Primary School

“I enjoy getting outside into the sunshine/fresh air and being able to run The Daily Mile without stopping.”

Pupil, Strandtown Primary School

“I really enjoy The Daily Mile because it gets us outside, a break from the classroom for 15 minutes every day. I like the chance to jog, chat with my friends and try to keep ahead of Mr Ainsworth!”

Y3 pupil, St Andrews Catholic College

“I love doing The Daily Mile because I can run with my friends and get healthier at the same time.”

Y5 pupil, All Saints Church of England Primary School

“I can talk to the teacher on these runs and ask for help if I'm stuck without the whole class listening.”

Y4 pupil, Wells Hall Primary School

Teachers and staff

“Since starting The Daily Mile, I have seen a huge impact on my classes behaviour and concentration. When there is a dip in the day and the children are getting restless, we go out and complete The Daily Mile. When we return to class after their 15-minute run time, they really settle and are ready to work again.”

Class teacher, Cliff Lane Primary School

“It has really helped the SEN children develop their coordination.”

Class teacher, St Bede's RC Primary School

“Its beauty is its simplicity and it targets every single pupil in the school. It's not a PE or school sport initiative but a health and wellbeing one! Start to finish, it takes 15 minutes out of the day and for staff it is as easy as opening a door.”

Head teacher, Westgate Community Primary School

“Educating children holistically, this has got to be one of the best initiatives I have seen in 30 years.”

Deputy Head, Mead Vale Community Primary School

“The Daily Mile is great for catching up with the quiet ones who seem keen to chat outside the classroom. They enjoy the fresh air and it helps them to refocus. It gives a pause to enable a quick plenary to check understanding.”

Class teacher, Wells Hall Primary School

“The children have developed skills in sportsmanship as they are consistently encouraging and supporting each other throughout the 15 minutes.”

Class teacher, St Bede's RC Primary School

Parents and carers

“I thought it was a fabulous idea and such a simple, common-sense way to enrich children's lives in so many ways.”

Parent, St Polycarp's Catholic Primary School

“My daughter was not up for walking anywhere, but after she started doing The Daily Mile at nursery she wanted to walk everywhere, which was great!”

Parent, Royal School of Dunkeld

“I love The Daily Mile because it's a great way to get kids into a healthy habit of daily exercise. It's great for their body and mind, and I would love for it to continue each year.”

Y3 parent, St Andrew's Catholic College

FAQs

We've listened to your questions and answered the most frequent ones.

If you have a question that isn't answered here, visit our website: www.thedailymile.co.uk/faq



Do the children need a special surface or running track to run on?

The simple answer is no - no special surface or running track is needed to do The Daily Mile. Most schools do The Daily Mile in playgrounds, around school fields (providing it isn't muddy) or simply around school buildings. Some schools choose to put funding towards a running track, but this is not a necessity to do The Daily Mile. As long as you have some outside space big enough for children to run around, your school can participate in The Daily Mile. Schools looking to install a track should think about incorporating child-pleasing loops and swirls into the route, as this prevents it from feeling like a race or competition.

What about the children's footwear?

School footwear should be suitable for active play. The Daily Mile is 15 extra minutes of physical activity in the school day, alongside break and lunchtime. Some schools have chosen to make black trainers part of the school uniform.

Won't the weather be a problem?

The weather is a benefit not a barrier; the children respond well to the seasons and enjoy connecting with nature. Teachers choose when they'd like to take their class out and they use a common-sense approach. Children wear clothing appropriate to the weather - jackets on if it's cold or damp, sweatshirts off if it's warm. This sensible approach helps build resilience in children.

Is it fully inclusive?

Every child, no matter their age, ability or circumstances succeeds at The Daily Mile. All children take part, including those with special or complex needs. In our experience, even children initially reluctant to take part in The Daily Mile come to enjoy participating and many become more naturally inclined to engage in sport and physical activity.

Why should I take time out of a busy curriculum to do The Daily Mile?

The Daily Mile is quick. It happens in a slick 15-minute turnaround, from desk-to-desk and fits flexibly into the school curriculum. Studies have shown that The Daily Mile improves children's focus, behaviour and self-esteem, and has been shown to raise attainment.

How often should a class do The Daily Mile?

Ideally, The Daily Mile is run every single day in school. For children to be able to experience the full benefits and enjoy their Daily Mile, it needs to be done at least three times a week - preferably more.

Building The Daily Mile community!

We've compiled a number of resources to help you start your Daily Mile, which include:

- A sample risk assessment
- A sample letter to parents
- A PowerPoint presentation
- An A5 information flyer
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Feel free to browse our **website** where you will find a range of **stories** and **videos**.

Tell us your stories

We do love it when you share your experiences with us. For example, we are told of ways The Daily Mile has helped children with specific conditions or been used to enhance the curriculum. If you have a story like this to share with us, please get in touch: www.thedailymile.co.uk/contact/



The Daily Mile global community

We're committed to support all schools who adopt The Daily Mile and help our children to become fit for learning and fit for life.



After you join The Daily Mile movement your school pin will appear on our participation map within 10 working days. Find your pin at: www.thedailymile.co.uk/participation-map

Thousands of schools have joined The Daily Mile global community in over 70 countries, and our ambition is to see these numbers increase even more so that children everywhere can enjoy improvements to their physical, emotional, social and mental health and wellbeing - regardless of who they are or where they live.

In order to expand our initiative across the globe, The Daily Mile Foundation is active in building sustainable partnerships with like-minded organisations who have the passion and expertise to launch The Daily Mile in their own countries - providing their children with the opportunity to experience all the benefits of The Daily Mile. Our franchise/development model offers partners our support before and after implementation, allowing them freedom to promote and properly embed The Daily Mile across their nation.

By working closely with teachers, public health authorities, parents and government, our partners have been hugely successful. The Daily Mile is now being implemented by official partners in more than 15 countries across three

continents... and counting. Wherever they are working to introduce it - from Réunion to Sao Tome and Principe or Hawaii to The Hague - our partners find enthusiastic support for The Daily Mile.

We are proud that our effective, popular and free initiative crosses climates, cultures and continents while looking the same the world over - happy and smiling children, getting fitter and healthier.

As our partnerships have grown and developed, so has our understanding of the benefits of The Daily Mile, with more academic research being undertaken across many countries and by hearing the uplifting/inspiring stories from children, teachers and parents across the world.

The Daily Mile has truly become a global community and we look forward to welcoming new partners to continue its international growth.



MISSION

Kids Fit For Life



Free educational resources for schools

In order to provide schools with innovative teaching resources on health and wellbeing, we have created a new initiative for children called Mission: Kids Fit For Life.



The aim of the programme is to inspire and inform children about how they can take responsibility for their own health and wellbeing by leading a healthy and physically active lifestyle, both now and as they grow and develop in the future.

The downloadable resources offer a coherent and engaging programme of lessons and activities, which are centred on physical activity and healthy living.



The activities are built around a number of 'missions' that are designed to be led by the children who act as 'special agents'. The missions can be linked to the curriculum, with each covering a separate aspect of what it means to follow a healthy way of life, for example, physical activity, diet, hydration and so on.



Teachers have oversight of the programme but there is an emphasis on the children taking responsibility for the delivery of it, in order to help build their self-confidence and sense of teamwork, as well as learning more about maintaining good health.

All the missions are explained to the children by the programme's mascot, Dart, who, through his videos, helps make it a fun initiative for this age group.

If you would like more details about the programme, please visit www.missionkidsfitforlife.com where you can find out more and download the free materials.



“ We know that the positive experiences we have at a young age shape habits for life – which is why it’s so key to help young children enjoy getting active daily. Running is the simplest, most natural exercise you can do. It’s fun and social, and it helps to teach the basics of a healthy lifestyle. As childhoods become more sedentary than ever, we’re proud that the GO Run for Fun and The Daily Mile initiatives have helped over 2 million children get up and running since 2013 – and are inspiring their families, too. ”

Sir Jim Ratcliffe, Founder and Chairman of INEOS

“ The Daily Mile has already proved a great success for the schools that are taking part, with a hugely positive impact on children’s health and wellbeing. ITV wants to use the power of TV and the reach of our programming to change attitudes and behaviours towards living more healthily. We are aiming to get the whole country engaged with this initiative and every UK primary school taking part. ”

Carolyn McCall, Chief Executive of ITV

“ Our research suggests that The Daily Mile is a worthwhile intervention to introduce in schools and that it should be considered for inclusion in government policy, both at home and abroad. ”

Dr Colin Moran, University of Stirling

“ It’s fantastic to see initiatives like The Daily Mile be established, showing real leadership from the education sector to improve children’s fitness levels, their cognitive behaviour and make a real difference to schools, teachers, parents and young people’s lives. ”

Tanni Grey Thompson, celebrated Paralympian and Chair of UK Active

“ For many schools, The Daily Mile is a key part of supporting children to be regularly active. Its ‘secret’ lies in its simplicity and versatility: no extra admin, no extra kit, done in 15 minutes at any time of day – something all children can enjoy and benefit from. ”

Piers Simey, Assistant Director of Public Health, Camden & Islington

“ I am a big believer in physical activity because it has a positive impact on both physical and mental health, which is exactly what The Daily Mile sets out to achieve. I want to give young people the best active start in life. ”

Andy Burnham, Mayor of Greater Manchester

“ Increasing opportunities to be physically active during the school day is key to ensuring our children are healthy and well. We are supporting The Daily Mile in Wales as a simple and innovative approach to help children be more active, more often. ”

Dr Frank Atherton, Chief Medical Officer, Medical Director NHS Wales

“ With all the uncertainty in the world just now, which COVID-19 has created, one thing that is clear is that physical activity has a huge part to play in people’s lives in the weeks and months to come. There is a real opportunity to build on the positive habits that people have been demonstrating and the Scottish Government and The Daily Mile Foundation are keen to support these to be sustained for the long term... The Daily Mile can be part of the solution to improved health and wellbeing through physical activity. ”

Joe Fitzpatrick, Minister for Public Health, Sport and Wellbeing & Maree Todd, Minister for Children and Young People

“ I love to run and want to inspire others to run too. Therefore, I am proud to be a Daily Mile Ambassador. I encourage schools to join The Daily Mile community, so together we can make this world a running world. ”

Eliud Kipchoge, Global Ambassador for The Daily Mile

“ I am proud to be supporting The Daily Mile. It is a simple initiative, which benefits children’s physical and mental health along with their well-being. ”

Sir Andy Murray, Ambassador for The Daily Mile in Northern Ireland, Scotland and Wales

“ It’s fantastic what you’re doing, getting youngsters out there running around, having a good time and burning off some energy. Keep up the good work! ”

Sir Ben Ainslee, Team Principal and Skipper for INEOS Team UK



We want to make sure every Daily Mile school has signed up. If you haven't already, please visit our website: www.thedailymile.co.uk/school-signup/

[f/thedailymile.uk](https://www.facebook.com/thedailymile.uk) [@_thedailymile](https://twitter.com/_thedailymile)
[i/thedailymileuk](https://www.instagram.com/thedailymileuk) [in/the-daily-mile-foundation](https://www.linkedin.com/company/the-daily-mile-foundation)

This booklet is produced by The Daily Mile Foundation
Registered charity number 1166911