



The Daily Mile is a simple, free and easy to execute solution to improve children's health & wellbeing in schools!



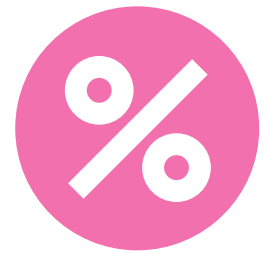
Quick
15 minutes



A minimum of 3
times a week



Social, non-
competitive & fun



Fully
inclusive

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