

# THE DAILY MILE

Physical activity is important for children's growth and development. According to the [Canadian 24 Hours Movement Guidelines](#), children and youth need high levels of physical activity, reduced sedentary behaviours and sufficient sleep each day for optimal health. Children who are physically active have improved physical and mental health. They are better able to maintain a healthy body weight, have improved moods, self-esteem, and confidence, and they do better in school.



The Daily Mile is a school-based physical activity initiative that gets children out of the class for 15 minutes every day to run, jog or walk at their own pace. In 15 minutes of running, jogging, or walking, most children can average one mile (1.6 kilometres) or more. The Daily Mile helps get children moving more and sitting less.

## HOW IT WORKS:

- To be done at least three times a week
- Teachers decide when to go out and where to run (based on a [risk assessment](#))
- Children are encouraged to run or jog for the full 15 minutes if able to, but can stop occasionally to catch their breath
- Remember to dress for the weather
- Can be connected to the curriculum or other health promotion events, such as the Terry Fox Run or [Spring into Spring](#)

For more information on The Daily Mile, please visit [The Daily Mile](#)

**You can change things up a bit to make The Daily Mile more fun! Here are some tips:**

- Hold a design-your-own The Daily Mile Badge Challenge
- Create a poster to promote your event
- How to keep [The Daily Mile fresh](#)

**Keep it simple and have fun!**

## PUBLIC HEALTH

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