

## *10 STEPS TO SUCCESS*

### **1 FUN**

The children have the freedom to run in the fresh air with their family. They should know that it's not a competition – many will mix running and walking, particularly at the start.

### **2 100%**

It's fully inclusive – every child, every day. Children with special or complex needs are supported to take part and benefit greatly.

### **3 WEATHER**

Treat the weather as a benefit not a barrier – children connect with nature and the seasons. Jackets on in the cold and damp; sweatshirt off if it's warm.

### **4 ROUTE**

The Daily Mile can be done in your back garden, yard, local area once it is within the advised 2km from your home. Why not use the link below to discover routes within 2km of your home!

[2kmfromhome.com](http://2kmfromhome.com)

### **5 QUICK**

Takes place in 15-minutes, any part of the day. No time is spent changing clothes or setting up equipment.

### **6 RISK**

Risk assess your route – there is a sample risk assessment, which can be found [here](#).

### **7 EVERY DAY**

Try to go out every day – this makes it easier for the children to maintain their fitness and gain the full benefits.

### **8 CLOTHES**

No kit is required – the children go out in their normal clothes. Trainers are ideal but not essential.

## **9 OWN IT**

The children should own their Daily Mile. Able-bodied children should aim to run or jog – at their own pace – for the full 15 minutes but can occasionally walk to catch their breath (if necessary).

## **10 SIMPLE**

Keep it simple! Resist the temptation to complicate The Daily Mile. Its great strength is its simplicity, and this is what makes it so enjoyable and sustainable.