

What is the Daily Mile?

We all know that exercise is good for us, but not everyone wants or has the time to go to the gym, go out running or get on a bike.

This is where the Daily Mile can really help.

The Daily Mile started as a simple and successful initiative addressing the lack of physical activity in primary school children.

By getting the children to walk or run for 15 minutes a day they became fitter, more focussed, confident and resilient.

Now ScottishPower is delighted to take up the invitation from the Scottish Government and be the first company in the UK to sign up for the Daily Mile.

Read on and find out what walking a Daily Mile can do for you!



Why walk a mile?

Walking is easy and free. You don't need a gym membership, expensive training gear or to take hours out of your day - just a simple commitment to build some walking time into your everyday routine.

Walking a mile a day can bring numerous health benefits. As well as improving your overall feeling of wellbeing, walking has been shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma and stroke.*

Regular walking can help you:

Improve your overall health

Exercise has been proven to reduce your risk of coronary heart disease and stroke, improve your circulation and reduce high cholesterol. It will boost

your metabolism and strengthen your immune system.

Stay in shape and control your weight

Walking burns calories so helps you reduce body fat and maintain a healthy weight. Someone weighing 60kg walking briskly for half an hour will use up around 150 calories.

Reduce joint and back pain

Walking gives your knee joints a workout, increases muscle strength and helps keep your bones strong, protecting against osteoporosis.

Feel happier and energised

Walking can build stamina and energise you. It can improve your mood, reduce stress and anxiety and

build self-esteem.

Sleep well

Regular physical activity helps you sleep better, provided you don't do it too soon before going to bed. So heading out for a light stroll after your evening meal can help you to wind down before bedtime.



Do you know it only takes 20 – 25 minutes* to walk a mile?

*Based on an easy to moderate pace of 2.5 - 3 miles an hour.

(*Source: NHS UK)

Some ideas to help you get started

...at work

- park further away or get off the bus or train a stop early
- walk to work, if it's possible, or go for a lunchtime walk
- go speak to colleagues instead of calling or e-mailing them
- take the stairs - not the lift!

...with the kids

- walk the kids to school/playgroup and plan weekend outings to the park
- call on friends in the neighbourhood
- go for a walk between dropping off and picking up the kids from activities

...with your friends

- arrange to walk with a friend
- walk a dog or join a friend in walking theirs
- join a walking group together

...at home

- get up early and go for a walk
- visit friends and family along the way
- walk to the shop for daily essentials – don't take the car!

Be prepared, be safe

Wear any comfortable shoes or trainers – make sure they provide adequate support and won't cause blisters. Choose clothing that allows you to move freely. A light, packable waterproof is always handy!

Some simple precautions:

- make yourself as visible as possible, particularly at night
- always face oncoming traffic if you have to walk on the road
- drink plenty of fluids, before, during and after your walk - especially on a warm day
- take a phone and some emergency cash
- let people know where you are and when you expect to be back

More information is available at www.thedailymile.co.uk or by e-mailing Health&SafetySharedServices@ScottishPower.com.

Your Health & Safety Shared Service Team

Why not monitor your Daily Mile with an app?



Fitbit



well.me.com



walkit.com



mapmywalk

