

The Daily Mile



25
Minutes



1760
Steps



Burns
150
Calories

Have you walked your Daily Mile today?



1
Mile



- ✓ reduce risk of chronic illness
- ✓ stay in shape and control your weight
- ✓ feel happier and energised
- ✓ relatively easy form of exercise
- ✓ you don't need expensive training gear
- ✓ doesn't takes hours out of your busy day

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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)