## The Daily Mile



## Have you walked your Daily Mile today?


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)

