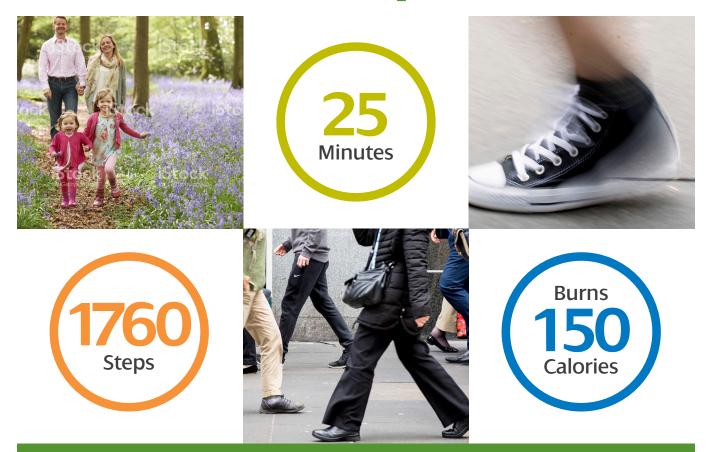
The Daily Mile



Have you walked your Daily Mile today?







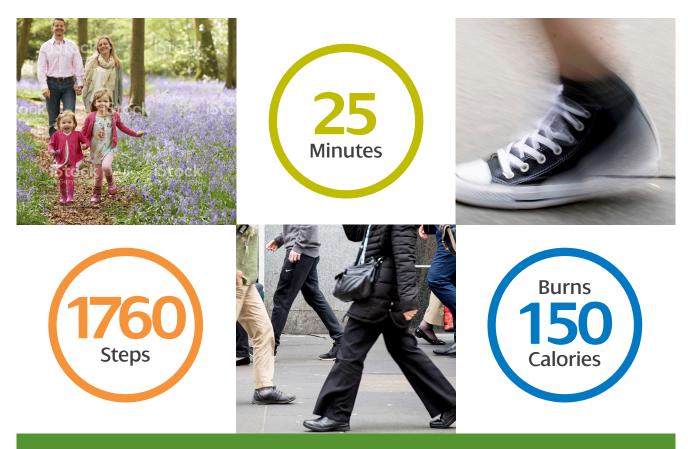
reduce risk of chronic illnessstay in shape and control your weightfeel happier and energised

relatively easy form of exercise you don't need expensive training gear doesn't takes hours out of your busy day





The Daily Mile



Have you walked your Daily Mile today?









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)



