



# THE DAILY MILE™ AT HOME

The Daily Mile at Home was created in alignment with national guidelines for social distancing and public health as of September 15, 2020. Before taking part in this activity, please review current guidelines from the [Center for Disease Control](#) and your local government agency.

## HOMEWORK ASSIGNMENT

Take a fun 15-minute movement break every day with [The Daily Mile at Home](#).

## WHAT IS THE DAILY MILE?

[The Sports Institute at UW Medicine](#) partnered with The Daily Mile Foundation to bring The Daily Mile to schools across the United States, starting with Washington state. The Daily Mile is a fun, free, and simple children's health initiative that gets children to run or jog at their own pace for 15 minutes during the school day. Schools across the world do The Daily Mile as part of their daily routine, making kids fitter, healthier, and more able to concentrate. Typically, The Daily Mile takes place at school during the school day. If your school is doing remote learning, families are invited to do The Daily Mile at Home instead.

### 1. BEFORE YOU START

The Daily Mile at Home is intended to be a fun movement break for the whole family, something you can do together every day. Remember to maintain social distancing with others along the way or wear a cloth face covering if social distancing is difficult to maintain.

### 2. PLAN YOUR ROUTE

The route should be safe and social for your family. Families are encouraged to run, jog or fast walk for 15 minutes. The route can be shorter than one mile. Many laps around a smaller route (ex. backyard, around the block, nearby park) are perfectly acceptable if safety and appropriate social distancing can be maintained. Individuals should always walk or run at their own pace and encourage each other along the way.

### 3. HOW TO BUILD CHILDREN'S FITNESS THROUGH THE DAILY MILE

During The Daily Mile at Home, children should be moving at their own pace - running, jogging or fast walking. The goal is to maintain movement for the full 15 minutes. Try to move at a pace that results in a light sweat after a few minutes. This level of activity equates to moderate-to-vigorous exercise, which studies show can improve health and learning.

## TRY THE TALK TEST

To assess the intensity of your child's Daily Mile, try the **talk test** as described by the [Center for Disease Control](#). The talk test is an easy way to measure relative exercise intensity. If you're doing moderate-intensity activity, you can talk but not sing a song during the activity. If you're doing vigorous-intensity activity, you will only be able to say a few words without pausing for a breath.

## CONNECT WITH OTHERS AROUND THE COUNTRY

Families can share their experience with The Daily Mile by tagging @TheDailyMileUSA and @TheSportsInstUW on Facebook and Twitter and using the hashtag #DailyMileAtHome.