

How to do The #DailyMileAtHome



GET GOING WITH THE DAILY MILE AT HOME

Your children may already do The Daily Mile at school – if so, they will probably miss it. Ask them about it – they can explain how it works at school and why they do it. Discuss with them the best way to do The Daily Mile at Home.

BE SAFE. ALWAYS FOLLOW THE GOVERNMENT'S ADVICE ON GOING OUTSIDE

At the moment, the advice is to take exercise outdoors, once a day. Every time you're going outside, keep 2 metres from other people. Getting outside for some exercise and fresh air is good for physical and mental health.

HOW LONG TO BE OUTSIDE FOR

So, the first time you do it, check how long you were actually outside. You may feel that 15–20 minutes is enough for you. 10 minutes from your front door and 10 minutes back may work well for you. You may find you can do more; if so, keep yourself and others safe.

STAYING AS LOCAL AS POSSIBLE

Before you go out, decide on a route you know, from your front door. You may choose to go around in a circle or straight out and back the same way. It's very likely there are a few different routes you could try and use.

HOW TO GET MOVING – WALKING AND RUNNING

Everybody's different so it's up to you how to do it in the way that suits you best. Jogging, walking briskly, strolling – you will decide on your own pace. It's not a race. Stay in your bubble if there are others around – close to your household and don't split up. Keep it all relaxed and enjoy what you're doing.

AND ALSO...

Some people will change clothes – but just wear what's most comfortable for you. You are going to be moving side by side – take the time to talk and listen. Try to notice nature, the weather and the changing season.

