



Week 5.

## The Daily Mile™

“Being fit and healthy at a young age is incredibly important and The Daily Mile is a great way to help your children stay fit for life.”



**Lewis Hamilton**  
Mercedes-AMG  
Petronas F1 driver

## Your challenge: The Daily Mile 7 Day Bingo

### How to play:

Do The Daily Mile every day for seven days and see how many bingo tasks you can complete. It's 15 minutes of running, jogging, walking, or wheeling at your own pace with a grown-up.



### What you'll need:

- A route in a safe outdoor area to you. You don't need to measure a mile, just choose a good consistent surface without hazards
- Comfortable clothes and footwear



# The Daily Mile 7 day Bingo



**The Daily Mile is simple and can be done by everyone!  
Just make sure you choose the right route for your ability –  
you can slow down to catch your breath where needed.**

### Keys to success

Listen to your grown-up when out and about

If you're going out in the sunshine, make sure you have a hat, sun protection and some water.

Try varying your route to see more of your local area this week

### Energy boost

Fun with friends.

With your adult's support, contact one or more friends and do The Daily Mile together.

Work as a team to plan a route and motivate each other to complete your Daily Miles to the best of your abilities. After your Daily Mile, talk to each other about how it made you feel whilst you were running or wheeling, and now that you have stopped.

### Feeling inspired?

Keep going next week - can you achieve a 14 day streak? There's lots of ideas on The Daily Mile website to help you and your family try out new challenges. Why not ask your grown-up to help you write a letter about your Daily Mile summer activity. You could read it to your teacher when you return to school, or post it on social media @\_thedailymile (but make sure you get your grown-up's permission first).

