

# Daily Mile Nation target for Scots



Initiative to get people walking, jogging or running a mile a day

Schools, nurseries, colleges and universities are being urged to help Scotland become the first Daily Mile Nation.

Around 800 Scottish primary schools currently take part in the initiative, which encourages people to walk, jog or run a mile every day. It is now being rolled out beyond the school sector.

John Swinney, Deputy First Minister and Cabinet Secretary for Education, said: "The Daily Mile began back in 2012, to encourage every school in Scotland to take part and fulfil our ambition of being the first Daily Mile nation.

"We have written to headteachers, heads of early years establishments and principals of further and higher education institutions to highlight the benefits of the Daily Mile, not just to physical and mental health but to raising attainment levels and improving relationships between pupils and teaching staff."

Aileen Campbell, Minister for Public Health and Sport, said: "This simple and effective concept can help us to reduce health inequalities and to reduce the impact on our NHS.

Catherine Calderwood, Chief Medical Officer, said: "We know that physical activity is so important for children's development. The UK Chief Medical Officers' Guidelines recommend at least three hours of activity a day from birth to five years; and at least 60 minutes a day for five to 18-year-olds.

“Active children are healthy, happy, ready to learn and they sleep better.”