[](http://www.thedailymile.co.uk/school-signup/) Fitness, stamina and energy levels are increased

 It reduces obesity and improves body composition – bone density, muscle strength, joints and cardiovascular health

 Gross and fine motor skills are developed, leading to better balance and helping to reduce dyspraxia

[](http://www.thedailymile.co.uk/school-signup/) Children are less sedentary, doing more moderate to vigorous activity (MVPA)

 Improves physical development in children from nursery age upwards

 It promotes the idea of self-care with children becoming more aware of their own health and the need to take responsibility for it

[](http://www.thedailymile.co.uk/school-signup/) It can benefit children with medical conditions, such as diabetes and asthma

 Children doing The Daily Mile have the chance to create better health outcomes for the future

 There is no feeling of being left out – it’s always 100% inclusive and all children take part, including those with special and complex needs

[](http://www.thedailymile.co.uk/school-signup/) The children enjoy it and look forward to it – having fun, in the fresh air with friends, with a sense of freedom

 Being outdoors, children can have those feelings which come through connecting with the weather, seasons and nature

 It can result in children reporting generally higher levels of self-satisfaction

[](http://www.thedailymile.co.uk/school-signup/) It can help to reduce feelings of anxiety and stress, with children feeling happier and refreshed

 There is no sense of failure – everyone succeeds at The Daily Mile because it’s not a race

 Confidence and self-esteem are improved and enhanced

[](http://www.thedailymile.co.uk/school-signup/) It helps children to develop greater resilience and determination

 After running and jogging for 15 minutes, greater focus and concentration is evident in class

 The children are often more settled afterwards, leading to improvements in behaviour

[](http://www.thedailymile.co.uk/school-signup/) As it’s a social activity, it can help to build relationships and reduce isolation

 It helps tackle inequality – no child needs kit, equipment, money or transport to participate

 It helps to close the health inequality gap between the most and least deprived children

[](http://www.thedailymile.co.uk/school-signup/) Parents can start to see the benefits at home, often reporting that their children are eating and sleeping better, as well as encouraging their family to be more active