



Let's get more kids moving in the mornings!

# THE MORNINGMILE

A FITNESS PRODUCTION

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## What is The Morning Mile?



The *Morning Mile* is a before-school walking/running program that gives children the chance to start each day in an active way while enjoying fun, music and friends. It's also supported by a wonderful system of rewards, which keeps students highly motivated and frequently congratulated.

Our provided guidebook ensures any school can easily implement the *Morning Mile* program. It is already being successfully utilized throughout Florida, in Texas, Louisiana, California, Canada and even a United States Air Force base near Tokyo, Japan. "Morning Milers" at 150 schools and camps have completed over 650,000 miles and counting!

The *Morning Mile* provides an opportunity for 100% of each school's student body to participate each day of the school year. It is not a "club". It is not exclusive. It is not just for jocks or kids who can follow complicated choreography. The Morning Mile offers a pressure free and friendly environment, which ensures children of all types, can pursue fitness each day of the school year.

### THE BENEFITS

The children enjoy how exercise makes them feel, receiving their reward necklaces and the opportunity to socialize with friends.

In addition to helping prevent the long-term effects of childhood obesity like increased risk of high blood pressure, high cholesterol and Type 2 Diabetes, providing children the opportunity to exercise each morning also allows students to expend youthful energy on the field leaving them more likely to excel in academics once the school day begins. Teachers praise their students' new ability to sit still, focus and learn while parents rave about their child's sense of pride, accomplishment and dedication to a healthy lifestyle.

[Click here if you'd like to implement the Morning Mile at your school.](#)

[Click here to learn how to sponsor Morning Mile programs!](#) It's a great way to advertise your business, propagate good will and appreciation in the community and make a massive impact on the health and fitness of amazing little kids. Go ahead! Get involved! We'd love to join forces with you.

Sharing is caring!



You may also like:

Morning Mile - Get Your School Started

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