



A Daily Mile Can Help To...



Reduce risk of heart disease



Reduce risk of type 2 diabetes



Manage weight by burning calories



Release feel-good hormones



Manage stress



Reduce risk of becoming depressed



Increase relaxation & improve sleep



Increase energy levels



Boost concentration

www.thedailymilefitforlife.com • #FitForLife

Developed by GreaterSport, Greater Manchester 2021