A Daily Mile Can Help To...

The Daily Mile — fit for life — supported by INEOS

- Reduce risk of heart disease
- Create time & space away from work
- Increase energy levels
- Reduce risk of becoming depressed
- Release feel-good hormones
- Reduce risk of type 2 diabetes
- Connect with colleagues away from work spaces
- Boost concentration
- Increase relaxation & improve sleep
- Manage stress
- Manage weight by burning calories
- Increase productivity