

'The Daily Mile' officially launched in Wales

Team GB weightlifter Michaela Breeze and sprinter Christian Malcolm, adventurer Tori James, Public Health Minister Rebecca Evans, founder of The Daily Mile Elaine Wyllie, and head of physical activity at Public Health Wales Robert Sage, will officially launch the initiative at Pontllanfraith Primary School in Blackwood .

The Caerphilly primary school is the latest school in Wales to sign up to The Daily Mile – an easy, fun way to improve children’s health and wellbeing. The initiative is the brain-child of Elaine Wyllie, former headteacher of a large Scottish primary school in Stirling. The initiative sees primary-aged children run, walk or jog for 15 minutes every day in school. It is inclusive, simple and free, with no equipment or set up required.

Minister Rebecca Evans said:

“The Daily Mile is an easy and fun way for children to improve their health and wellbeing. It is a fantastic way to support young people to get the recommended amount of physical activity each day, and will help them grow up healthier and happier. Well done to everyone at Pontllanfraith Primary for getting involved! I encourage schools across Wales to follow hot on their heels and sign up to The Daily Mile.”

Elaine Wyllie, former headteacher and founder of The Daily Mile, commented:

“I’m delighted to see The Daily Mile being launched today in Wales and congratulate the Welsh Government and Public Health Wales in recognising the long lasting benefits that this simple, effective and free initiative will bring to the children of Wales – better physical, emotional, social and mental health now and into their future lives.”

Christian Malcolm, World and European 200m Medallist, said:

“I’m thrilled to be joining the staff and students of Pontllanfraith Primary School for the national launch of The Daily Mile Cymru. It’s such a simple yet effective initiative – within a month the children are much fitter, and feel happier and more confident in themselves. By instilling these healthy habits at a young age, we’re helping our children to live full and healthy lives.”

Michaela Breeze, Commonwealth Games weightlifting gold Medallist, said:

“Getting children active at a young age is key to setting them up for a healthy lifestyle. The Daily Mile is so simple. There’s no set up, tidy up, or equipment required. Children simply run outside in the fresh air. It’s fully inclusive; every child, whatever their circumstances, age or ability, succeeds at The Daily Mile.”

Angela Talor, Headteacher of Pontllanfraith Primary, said:

“Some of our year 6 pupils took part in Young Ambassador training with the local Sports Development team, and came back really enthusiastic about The Daily Mile. We discussed it with staff and they were keen to do it too. The Young Ambassadors have really got involved in organising and planning for our Daily Mile – we’ve had a few practices to work out how to make it work. We’ve decided that we’re going to be out running or walking every day during afternoon play.”

Robert Sage, Physical Activity lead for Public Health Wales, said:

“We are delighted to have helped bring The Daily Mile to Wales and look forward to encouraging all schools in Wales to adopt The Daily Mile as one of their Healthy School actions. The best way to establish and maintain an active life is to make it part of your day to day routine. The Daily Mile is an excellent way for children to develop good habits that can last throughout life.”