

Are you doing
The Daily Mile™?

Join the movement

The Daily Mile Fit For Life
is a free and simple way to
get moving every day and
improve your physical,
social and mental health.

Can you find 15 minutes
in your day to walk
briskly? If so, you're part
of The Daily Mile!



www.behealthyatwork.org/what-we-do/the-daily-mile

Let's get Cornwall moving





Want to progress from walking The Daily Mile?

Check out the free One You Couch to 5K app from both Apple AppStore and Google PlayStore.

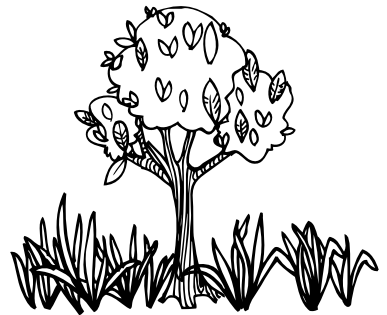


parkrun in Cornwall

parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in.

In Cornwall we have parkruns in these locations:

- Penrose Estate, Helston
- Heartlands, Pool
- Trelissick, Truro
- Eden Project, St. Austell
- Lanhydrock, Bodmin
- Mount Edgecombe, Torpoint
- Tamar Lakes, Bude



Join us on social media with the hashtags

#TheDailyMileCornwall #TheDailyMile #UseYourLunchBreak

You can find us on Facebook and Twitter @behealthyatwork

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www.thedailymilefitforlife.com