

Is your workplace  
going the extra mile?

## Join the movement



We have prepared a number of free resources to get you going, please visit our website to download them:

**[www.behealthyatwork.org/  
what-we-do/the-daily-mile](http://www.behealthyatwork.org/what-we-do/the-daily-mile)**

Alternatively get in touch at  
[healthy.workplace@cornwall.gov.uk](mailto:healthy.workplace@cornwall.gov.uk)  
and **let's get Cornwall moving.**



# The Daily Mile™ works

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

## Benefits for employees



- Increased physical fitness
- Improved self-esteem
- Improved focus



- Reduction in anxiety and depression



- Opportunities to network create social connections



- Time away from the desk to prioritise your health

## Benefits for employers



- It is free, easy to implement and sustainable



- A healthy workforce is a happier and more productive workforce



- It helps improve focus and can result in a reduction in absenteeism and lost productivity



Join us on social media with the hashtags

**#TheDailyMileCornwall #TheDailyMile #UseYourLunchBreak**

You can find us on Facebook and Twitter @behealthyatwork

healthy.workplace@cornwall.gov.uk

www.thedailymilefitforlife.com