



The Morning Mile™ is a before-school walking/running program that gives children the chance to start each day in an active way while enjoying fun, music and friends. **That's EVERY CHILD, EVERY DAY.**

It's also supported by a wonderful system of rewards, which keeps students highly motivated and frequently congratulated. We have 300+ schools and camps running with extraordinary success. With participation rates between 65% – 97% at each school, **Morning Milers have run their three millionth mile.** Yes! 3,000,000 miles!

Providing children the opportunity to exercise each morning not only works to fight childhood obesity, it allows students to expend youthful energy on the field leaving them more likely to excel in academics once the school day begins. Teachers praise their student's new ability to sit still, focus and learn while parents rave about their child's sense of pride, accomplishment and dedication to a healthy lifestyle. The kids love how exercise makes them feel, their reward necklaces and socializing with friends. **The Morning Mile™ provides an opportunity for 100% of each school's student body to participate each day of the school year.**

The Morning Mile offers a pressure free and friendly environment, which ensures children of all ages and abilities can pursue fitness each day of the school year.

2nd school in the STATE to participate in Morning Mile!

Students, Family, Faculty and Staff join us daily from 7:20am-7:40 am for walking/running, socializing, music & building a healthy lifestyle!

Please spend time here at MorningMile.com to view testimonials from teachers, parents, students, school Principals, superintendents, doctors and celebrities.

