



A Daily Mile Can Help To...



Reduce risk of heart disease



Reduce risk of type 2 diabetes



Manage weight by burning calories



Release feel-good hormones



Manage stress



Reduce risk of becoming depressed



Increase relaxation & improve sleep



Increase energy levels



Boost concentration

We would love to hear about how you are achieving your Daily Mile and how this makes you feel. Tell us your stories by emailing thedailymile@northlincs.gov.uk. Any submissions will be go into a prize draw, details of which can be found at www.northlincs.gov.uk/nlactive/fitforlife. Further information and resources can also be found here. **#NLActive #NLgetmoving #Fitforlife**