

# WIN AED 1,000 TO SPEND AT GO SPORT. 3 WINNERS EVERY MONTH.

Join The #DailyMileAtHome

An easy and fun way of keeping fit and healthy for you and your family!  
15 minutes every day.



FOLLOW US  
[@thedailymile\\_ae](https://www.instagram.com/thedailymile_ae) 



## MOVE IT

Show us how you've been maintaining your physical activity while schools are closed.



## FILM IT

Film a short video of your chosen exercise on your own or with friends and family.



## TAG IT

- 1) Use #DailyMileAtHome
- 2) Tag @thedailymile\_ae
- 3) State your school name



## WIN IT

Enter a monthly draw to win AED1,000 to spend at Go Sport.  
3 winners every month.

The school with the most participants WINS a trophy and video of them doing  
The #DailyMileAtHome



وزارة التربية والتعليم  
MINISTRY OF EDUCATION

## WHAT IS THE DAILY MILE?

When schools are open, The Daily Mile UAE is children walking, jogging or running for 15 minutes every school day at a time of their teacher's choosing.

Younger children run on average one mile in 15 minutes, hence the name: 'The Daily Mile'.

Over 60 schools across the UAE were taking part in The Daily Mile prior to schools closing due to COVID-19.

The Daily Mile UAE is in partnership with ADNOC and supported by the Ministry of Education.

## WHAT IS THE DAILY MILE AT HOME?

This summer we want to help all students and their families stay active while staying safe.

The #DailyMileAtHome is 15 daily minutes of ANY physical activity – not only walking, jogging or running.

We've helped you with some ideas:



### INDOOR OBSTACLE COURSE

Build a fun obstacle course in your own home with different challenges.



### ONLINE WORKOUTS

Try out @daman\_heroes workouts led by UAE citizens and residents.



### SKIPPING

Work up a sweat by jumping rope outside in the early morning.

## FAMILY FUN CHALLENGES

Each week we'll share weekly Family Fun Challenges for your #DailyMileAtHome! Please film and tag us on Instagram and Facebook and we'll do our best to include a short clip of you in our monthly #DailyMileAtHome diaries.



[www.thedailymile.ae/en](http://www.thedailymile.ae/en)



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