



#Daily15

Keep fit, healthy and happy by exercising every day through #Daily15

The concept is simple. Each day, choose an exercise or exercises based on the number 15 and do it!

WEEK STARTING:
Sunday 22 November

It doesn't matter if you're in school, physically distancing or distance learning.

It's a way for everybody to stay physically and mentally healthy, regardless of ability level.

#Daily15 is fully inclusive and easy to do.

WIN AED 500:
To spend on sportswear!

Submit a pic or video of your #Daily15 exercise to enter a prize draw.

10 winners (5 students and 5 teachers) will be announced on 30 November.

www.thedailymile.ae/en/daily15

Exercises for week two:



15 minute run

The original Daily Mile!
Run for 15 minutes at your own pace in school or near your home with your family



15 different exercises in a day

15 exercises spread throughout your day. Check out our Instagram and Facebook for a ready-made routine



15 squats

Do 15 squats before each lesson. Head over to our Instagram or Facebook for tips on how to do them properly



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