

## The Daily Mile

I met Education Minister Ed Timpson and Elaine Wyllie, founder of the Daily Mile, to discuss physical activity and its importance to children and young people's wellbeing. Many schools around the UK now take time at the start of the day to run the daily mile and it was also promoted in the Childhood Obesity Plan last year. The Minister was very positive about this scheme and how we discussed how he could better enable schools to participate and take advantage. I have also discussed this locally and hope to see children across the constituency benefit in future. The results have been transformative and once implemented, schools are positive about the benefits. It's well worth a look at their website.