

# Midday Mile

## Benefits of the Midday Mile:

Physical health  
Meeting others  
Mental health  
Creativity  
Reduces stress

## What to do now?

Choose a route  
Create interest  
Gather a crew  
Set a date  
Do it!



## GET IN TOUCH

[www.ouchlandd.co.uk](http://www.ouchlandd.co.uk)

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Our Midday Mile co-ordinator is:

