

News

Boxer Paige gets kids fired up for morning exercise

By **STAFF REPORTER**

HUNDREDS of schoolchildren were to gather at the King Power Stadium this morning to celebrate The Daily Mile.

The event, an international initiative started by a former headteacher which has spread to 65 countries, saw about 250 city pupils join a local sports star and Leicester sporting mascots.

The Daily Mile involves children simply jogging or running for 15 minutes – every day, at school, in all weathers and at their own pace.

The idea is to improve schoolchildren's physical, social, emotional and mental health, regardless

HUNDREDS EXPECTED TO TAKE PART AT KING POWER STADIUM

of their age or circumstances.

Founder Elaine Wyllie MBE was to give a keynote speech before the children did a Daily Mile lap around the King Power stadium alongside mascots Filbert Fox, Welford Tiger and Charlie Fox.

There are also lots of other sports activities for children to try out.

At the start of 2018, just three schools in Leicester were taking part in The Daily Mile. Now, 48 schools participate.

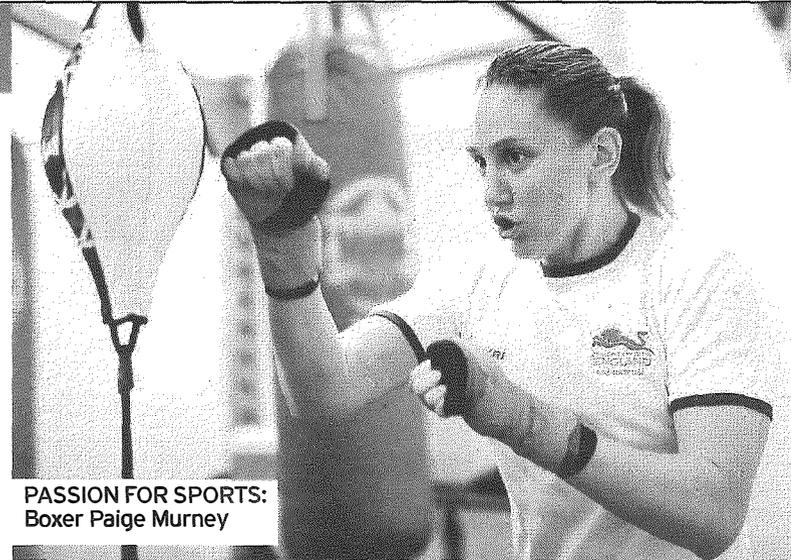
Paige Murney, who boxes with the

Leicester Unity club, will be on hand to help the children warm-up for their Daily Mile and to help spark their enthusiasm for sports.

Paige won a bronze medal at the 2017 European Union championships, silver at the Commonwealth Games in Australia last year, and a silver at the World Cup in Cologne last month.

She is part of Team GB and hopes to compete in the next Olympics.

Paige said: "Anything that gets kids active has got to be a good thing. The



PASSION FOR SPORTS:
Boxer Paige Murney

Daily Mile is such a simple idea, but it's the sort of activity that can spark a lifelong love of sports in young people.

"I'm really pleased I'll be able to share my passion for sports with local schoolchildren at this special event."

Deputy city mayor Adam Clarke said: "The fact that nearly 50 city schools now take part in The Daily Mile is a real achievement for Leicester and a testament to our city-wide commitment to improving children's health.

"Our vision is to have all city primary schools participating.

"Research has shown that taking part in The Daily Mile can increase attainment in primary schools, and

parents have reported a greater interest in health and wellbeing from their children as a result of being involved.

"This great initiative is a simple, inclusive and effective way to get children moving. It's great to be able to celebrate its success in Leicester."

Elaine said: "It's wonderful to see such an increase in Leicester schools who are participating in The Daily Mile initiative.

"By running or jogging for just 15 minutes each day, children are contributing to improved physical, mental, social and emotional health and wellbeing. I can't wait to see all the children doing their Daily Mile in the King Power Stadium!"

thedailymile.co.uk