It was an absolute delight to meet Elaine Wyllie the founder of the Daily Mile. Elaine wanted to tackle the obesity and poor levels of fitness of the children in her school. The scheme is now spreading across the UK. The aim of The Daily Mile is simple to get children fit by running for 15 minutes a day. The daily exercise is not timetabled. Teachers take their classes out at a time of their choosing. The children walk, jog or run with their classmates in the safety of their own playground. You can read more about this inspiring change that is really making a difference via the following link.