Have you done The Daily Mile today?

ROYAL ALEXANDRA HOSPITAL
To help you take the first step with The Daily Mile, we’ve highlighted some points of interest within a 1/2 mile radius of the site so within your 15 minute walk you should be able to visit any of these and get back to your work.

**KEY**

- **Royal Alexandra Hospital**
- **Brodie Park**
- **Maxwellton Park**
What is The Daily Mile?

The Daily Mile is an initiative that encourages people to walk or run for **15 minutes every day** to improve their physical, social, emotional and mental health. Following on from the huge success of The Daily Mile in Scotland’s schools, NHSGGC has teamed up with the Scottish Government to make Scotland a ‘**Daily Mile Nation**.’

Why is it worth doing?

- Easy and accessible way to get more active
- Improve physical and mental health
- Socialise with your colleagues
- Easy to fit into your day (on average it takes around 15-20 minutes to walk a mile)

Get involved and feel MILES better!

Why not commit to getting more active and feeling the benefits? Pledge to try and walk or run The Daily Mile five times a week. You can pledge now for your chance to win prizes at:

www.nhsggc.org.uk/thedailymile