## Dear Parents and Carers

## In light of Covid-19, which has affected families in many different ways, our aim is to help you, your family and friends to keep safe, content and motivatedand for you to look after your **Physical, Mental and Emotional Wellbeing**.

## By keeping active your family will have improved wellbeing and you can collect rewards along the way. When you reach milestones such as 10, 25 and 50 miles, rewards including coloured wristbands, family swim vouchers, soft play sessions, roller skating and Family Mile t-shirts are available. We are proud to be partners with Maidstone Leisure Centre, YMCA, Mote Park Outdoor Adventure and Wear ‘em’ Out.  All vouchers can be used when these centres are in a position to re-open.

## We usually encourage families to go out for walks, but due to the self-isolating regulations, you may not able to do that, so we are encouraging you to keep active by recording your 15 minutes of activity, which is roughly how long it would take a family to walk a mile. This activity counts towards your total activity goal, and towards your family rewards, so for example, if you are doing the Joe Wicks workout everyday you could be logging 10 miles a week.

## We use a free app called Strava to log your activity/walks, to download the free version please just follow this link for a [Step by Step guide](https://www.youtube.com/watch?v=j7NXdA8naqU).

## In addition to wanting to keep your family active we have been posting loads of great ideas and family activities on our Facebook and Instagram pages, where we are going the **“The Extra Mile”** with:

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| Motivational Monday | Quotes, inspiration and vlogs for the whole family |
| Top Tips Tuesday | Ideas and great tips to help you navigate through these challenging days |
| Work Out Wednesday | Workouts and fitness ideas for all levels to participate in at home |
| Thoughtful Thursday | Take a moment to practise mindfulness and reflection with us |
| Fun Friday | A day for us to inspire you with fitness and fun action-packed activities for all the family |

## [To follow us on Facebook click here](https://www.facebook.com/TheFamilyMile/?eid=ARBmIepepMIfMkyG4ZCjiK3Wnq62Z5H-2DHQmaEf3u9mlxGdTptXJd2msLkkFqqif_SaEeyZJcDYwo8b) or [click here for Instagram](https://www.instagram.com/themasonmile/).

## If you have any questions please do not hesitate to get in touch with us.

## Keep safe and thank you,



Related imageImage result for wellbeing people

The Family Mile is a Sport England funded project delivered by Wellbeing People (registered in England no: 1327099) on behalf of The Mason Foundation (registered charity no: 1150662)