Once upon a Smile
we're here for you

The Smile mile challenge

Come and join the fun and be part of sidley's smile mile team, You can run it, walk it or skip it

Take part, have fun and raise lots of money.

For more information or to take part
email - lorna@onceuponasmile.org.uk
or call 0161 711 0339

We need you for the Smile mile challenge

Friday 28th April 2017

The **Once upon a Smile** Mile challenge

It is as easy as 1, 2, 3!

Quick step guide, choose.

1 Smile Mile
2 Smile Miles
3 Smile Miles

Why should we do the smile mile?

1 Get fit
2 Have fun
3 Raise money for Once Upon a Smile
4 Promotes a healthy lifestyle

How can we do our smile mile challenge?

1 Run it
2 Walk it
3 Skip it

If you need help working out your smile mile track don't worry it takes the average child takes 30 minutes to walk a mile (that's 2250 steps), so 3 miles will take an hour and half.

As well as pupils raising money to support once upon a smile bereavement service it is also helping them to get fit. Did you know that walking 3 miles a day can help with:

1. Reduces Risk of Heart Disease
2. Improves Your Overall Health
3. Boosts Your Energy
4. Promotes a healthy lifestyle
5. Helps You Live Longer
6. Keeps Your Memory Intact
7. Improves Sleep

For the first 50 school who sign up for the smile mile challenge you will receive a free fruit hamper.

Smile Mile Form

School Name

Teacher Name

School Address

Contact Number

Number of pupils taking part

Are you doing the smile mile on 28th April?

No we are doing it on

What time are you doing your smile mile?

Would you like sidley our mascot to come And join you on the day?

Yes **No**

(Please be aware we can't guarantee our Mascot will be available but we will try our best to get him there)

How much are you aiming to raise on the day?

Please send the completed form back to **lorna@onceuponasmile.org.uk**