



Tips for Teachers

For over 30 years, Mileage Club has been providing fun, physical activity to improve kids' health. Students run, jog, or walk on a course before or after school, as a part of recess, or during physical education. Students earn collectible and affordable awards (Toe Tokens) as they complete miles.

Mileage Club benefits *everyone* in a community. Parents are delighted with the health benefits for their kids; principals report less disciplinary issues and fewer playground hassles; and teachers appreciate that students can “get the wiggles out” on the track and come back to class ready to learn. Just as everyone benefits from Mileage Club, everyone has a role to play, as well.

We know teachers are incredibly busy! So we've compiled this Teacher Packet with information, materials, and suggestions to help you make your school's Mileage Club a complete success!

5 Easy Steps for Teachers

1. Explain Mileage Club

- The purpose of Mileage Club
- The number of laps per mile
- How the QR code scans
- What to do with their QR card after each session
- When and what awards are available

(Your packet contains 75 Toe Tokens.)



2. Encourage Students to Participate

When Mileage Club is open, encourage your students to walk, jog, or run on the course. If possible, join your students the first day.

3. Award your Students

What fun! When a student completes 5 miles, award a Toe Token. Continue to award a Toe Token for each successive 5 miles (i.e., 10 miles, 15 miles, etc.) Your coordinator will inform you if there are other awards.

4. Celebrate Student Success

At 10 miles, give the student a Footprint (see reverse side) to decorate, and then post on the wall.

5. Sign the Mileage Club Poster

When a student completes 15 miles, allow them to sign the Mileage Club poster. (See your coordinator for specific information.)