

The Monday Mile is a **Move it Monday** program that promotes physical activity, wellness, and community. It's a fun way to get in your daily exercise and jump start your week!



Why Monday?

Research shows:
People view Monday as a “fresh start” and are more likely to begin an exercise routine on Monday. With a Monday start, you’re more likely to stay active during the week!



Bring the Monday Mile to Your Campus!

1. Contact the director of student activities, recreation, or fitness.
2. Identify a 1-mile route
Ask yourself if the route:
 - » is familiar to your campus
 - » is safe
 - » is frequently used
3. Walk the route and determine where signage could go.
Contact us for templates and info on signs.
4. Spread the Word!
 - » Send a campus-wide email
 - » Use social media **#MondayMile**
 - » Make it a weekly campus tradition
 - » Create events and programs

Questions? Contact Mary Kate Lee, Lerner Center Program Coordinator
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Success Story

Madison County Monday Miles

In 2016, the Madison County, NY Rural Health Council (MCRHC) started the Monday Mile program because of its goal to decrease obesity by increasing physical activity and creating recreation space. Due to its rural nature, Madison County community members reported a lack of parks and recreation spaces to engage in physical activity. Soon after, the Live Well Committee was created to address these issue and develop Monday Miles in hope to increase opportunities for Madison County residents to be active.

Stockbridge: The First Madison County Monday Mile

MCRHC targeted neighborhoods with high childhood obesity to establish the first Monday Miles. Stockbridge was among the top ten school districts for childhood obesity. Lerner Center representatives and members of the Live Well Committee met with the Stockbridge superintendent, principals, and teachers to pitch the development of a Monday Mile. They walked areas around the school to determine the best location for a Monday Mile route. Now, Physical Education teachers regularly use the Monday Mile for their classes throughout the year.

Support for the Monday Mile

“My favorite aspect about the Monday Mile its sense of community. There is something so satisfying about watching a community connect, share laughs, and support each other, knowing the Monday Mile brought them together. It’s really special and makes this work incredibly rewarding.”

- Mary Kate Lee, Lerner Center Program Coordinator



“I love working out and I don’t get to often. On my road, you can’t walk so I try to walk here [Monday Mile route]. You can socialize and exercise! There’s a lot of volunteers at the library and they don’t like walking on their own and this encourages them to get out and walk together. They don’t feel as vulnerable walking alone.”

- Renee, Monday Miler

“It’s a really great thing to do. It’s like we were talking about, there has to be community around these types of things. People were walking dogs and moving around; you see it and it motivates you. It’s a good cause and I like to walk.”

- Dr. Edwards, Monday Miler