



# Los beneficios de la actividad física

## Cómo *The Daily Mile* puede ser una gran ayuda

Realizar actividad física de forma habitual tiene numerosos beneficios para la salud física y mental de los niños, así como para su bienestar y capacidad de aprendizaje.<sup>1</sup>



Mejora la **salud ósea** y la **fuerza muscular** de los niños.<sup>2</sup>



Contribuye a mejorar el **estado de forma** y la **salud cardiovascular**.<sup>3,4</sup>



Reduce la **grasa corporal** y promueve una **composición corporal saludable**.<sup>4,5</sup>



Mejora la **autoestima** y la **felicidad**.<sup>6,7,8</sup>



Ayuda a **reducir la ansiedad** y **aumenta la autoconfianza**.<sup>9,10</sup>



Mejora la **atención y concentración**<sup>11</sup> y puede ayudar a mejorar el **comportamiento**.<sup>12</sup>



Aumenta la capacidad de **memoria**,<sup>3</sup> la **resolución de problemas matemáticos** y el **rendimiento escolar**.<sup>13,14</sup>



Ayuda a alcanzar mayores **logros académicos**<sup>15</sup> y un **mayor rendimiento cognitivo**.<sup>16,17,18</sup>

Los beneficios de la actividad física son evidentes, pero sabemos que un tercio de los niños no alcanzan los 30 minutos de actividad física diaria.<sup>19</sup> Las recomendaciones internacionales de la Organización Mundial de la Salud indican que los niños deben hacer como mínimo 60 minutos de actividad física cada día.<sup>20</sup>

***The Daily Mile* es una iniciativa sencilla y gratuita para colegios. Los niños corren o trotan, cada uno a su ritmo, durante tan solo 15 minutos cada día, al aire libre y en grupo. No supone una carga de trabajo adicional para los profesores ni requiere cambio de ropa ni material especial - los niños participan con lo que lleven puesto.**

**Más de 11.000 colegios ya están inscritos en *The Daily Mile* en 78 países.**

Una creciente red de investigadores de todo el mundo está estudiando los beneficios que aporta *The Daily Mile*. Las conclusiones de esos estudios se han ido publicando en diversas revistas académicas y en Internet. A los colegios y profesores les gusta *The Daily Mile* porque es fácil de implementar, flexible y funciona en todo tipo de contextos.<sup>21</sup> También sabemos que *The Daily Mile* tiene muchos beneficios para la salud física y mental de los niños, así como para su bienestar y capacidad de aprendizaje:

### ... salud y bienestar físico

*The Daily Mile* ayuda a los niños y niñas a ser **más activos/as y menos sedentarios/as**<sup>22,23</sup> y mejora significativamente su **condición física**.<sup>1,24,25,26,27</sup>

*The Daily Mile* mejora la composición corporal de los niños **reduciendo masa grasa**<sup>22</sup> y tiene un **impacto positivo sobre el IMC** en las niñas.<sup>28</sup>

### ... salud y bienestar mental

Los niños dicen sentirse más **felices, despiertos y en calma** tras hacer *The Daily Mile*<sup>27,29,30</sup> y conduce a una **percepción más positiva** de la actividad física.<sup>27</sup>

Los profesores afirman que *The Daily Mile* mejora tanto la **relación alumno-profesor como entre alumnos**.<sup>27,31,32</sup>

### ... aprendizaje

*The Daily Mile* **aumenta la atención** y puede ayudar a mejorar la **memoria verbal** - estas aptitudes realzan la capacidad de aprendizaje.<sup>30</sup>

Los profesores indican que *The Daily Mile* mejora la **capacidad de concentración en clase**.<sup>31,32,33,34</sup> Su naturaleza social contribuye a **mejorar la cooperación** entre los alumnos.<sup>27,35</sup>

**Descubre más**

Para aprender más sobre *The Daily Mile*, la investigación sobre la iniciativa, o para inscribir a vuestro colegio, no dudéis en visitar nuestra web: [www.thedailymile.es](http://www.thedailymile.es)

# Referencias de investigación

Para profundizar sobre los estudios mencionados en este documento, a continuación tenéis los detalles.

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