

# SPORTS MEDICINE BULLETIN



May 5, 2020

## May 6 Celebrates 32nd Annual Project ACES Day at Home — All Children Exercise Simultaneously



You're invited to take a break, stay connected and celebrate the world's largest exercise class tomorrow during the 32nd annual Project ACES<sup>®</sup> Day, which will take place at home this year due to COVID-19. The fun begins at 10 a.m. on May 6. Participants are encouraged to post on social media using the hashtags #ProjectACESatHome or #ProjectACESDay.

Project ACES, the signature program of the Youth Fitness Coalition, in partnership with ACSM's Exercise is Medicine<sup>®</sup> initiative, promotes lifelong physical activity and healthy lifestyle choices to children in order to help decrease the prevalence of childhood obesity, as well as to help prevent and treat various diseases like certain cancers, diabetes and heart disease. Exercise is Medicine and Project ACES exercise programs may also help people cope with anxiety and depression during these trying times.