



PRESIDENT'S COUNCIL ON SPORTS, FITNESS & NUTRITION

April 21, 2021

Dear Physical Educators:

As the Acting Executive Director of the President's Council on Sports, Fitness & Nutrition (PCSFN), I want to thank you for continuing to motivate your students to be physically active during what has truly been a challenging year. The PCSFN's mission is to promote healthy eating and physical activity for all Americans, and we are grateful to be working alongside you in this effort. The innovative ways in which you have engaged your students during online learning is inspiring. As physical educators, you know how important regular physical activity is for overall wellbeing and for lifelong health. Your current efforts to encourage healthy habits for your students at home and as they transition back to the classroom will help to ensure their resiliency and ability to emerge from this period of uncertainty stronger and healthier than before.

Since 1989, millions of children, parents, and teachers from more than 50 countries come together annually on the first Wednesday in May to celebrate Project ACES (All Children Exercising Simultaneously) Day. This event, which has become known as "the world's largest exercise class," is a great way to kick-off National Physical Fitness and Sports Month, celebrated each May. The annual PACES (Parents and Children Exercise Simultaneously) Day is held on the Saturday following Project ACES Day. This is an event where kids and their families traditionally spend quality time together participating in physical activity to highlight the importance of family fitness and leading a healthy lifestyle. This year, May 5th marks the 33rd annual Project ACES Day, with the 14th annual PACES Day on May 8th.

Similar to last year, your students can participate in these events safely during COVID-19! If you'd like, you can develop a video to help your students celebrate Project ACES Day. Otherwise, the Project ACES team will have a video on their website that your students can use to participate remotely if they are at home, or together if you are back in the classroom. It still may not be possible for several families to be able to be together in the same place for Project ACES Day. However, there are online opportunities your students and their families can use to celebrate PACES Day by being active together.

You can also urge your students to share how they participated in these events on social media using the hashtags #ProjectACES and #PACESDay. Visit the programs' websites at www.projectaces.com and www.pacesday.com to learn more about the events.

I encourage you to learn more about our programs and initiatives at www.fitness.gov. I applaud all of your efforts to keep your students active and healthy during this time. Keep up the great work!

Sincerely,

Rachel Fisher
Acting Executive Director