



PRESIDENT'S COUNCIL ON SPORTS, FITNESS & NUTRITION

April 28, 2022

Dear Physical Educators:

On May 4th, as part of the celebration of National Physical Fitness and Sports Month, millions of children, parents, and teachers from more than 50 countries will participate in Project ACES (All Children Exercising Simultaneously) Day. This event, known as “the world’s largest exercise class,” has been held each year since 1989 on the first Wednesday in May at 10:00 a.m. local time.

While the world is striving to get back to normal activity, this will be a hybrid year for Project ACES. Some students will still be participating from home, while others will be back at school and able to enjoy this event together. Whether participants choose to celebrate Project ACES virtually or in person, as Acting Executive Director of the President’s Council on Sports, Fitness & Nutrition (PCSFN), I applaud your commitment to come together to promote the importance of being physically active and making healthy choices in improving health and well-being.

After participating in Project ACES, kids can also encourage their families to be active with them by participating in PACES Day on Saturday, May 7, 2022. PACES (“Parents and Children Exercise Simultaneously”) is an annual event held on the Saturday following Project ACES Day and is a great way to encourage family fitness.

You have the opportunity, as a physical educator, to serve as a role model for your students by emphasizing the importance of participating in these beneficial events. Youth are more likely to develop healthy habits when they see the adults around them being physically active and trying to lead a healthy lifestyle. Kids that learn at an early age that being physically active can be fun are more likely to carry these stepping stones to fitness with them as they grow into happier, healthier adults.

I also encourage you to share on social media how your students participated in these events. Don’t forget to use the hashtags #ProjectACES and #PACESDay. To learn more about Project ACES Day and PACES Day, I urge you to visit the programs’ websites: www.projectaces.com and www.pacesday.com.

Once Project ACES Day and PACES Day have passed, be sure to continue to be active throughout May during National Physical Fitness and Sports Month!

Sincerely,

Rachel Fisher
Acting Executive Director