



May 6, 2026

Dear Physical Educators:

As warm weather approaches, communities across the country prepare to celebrate Project ACES (All Children Exercise Simultaneously) and PACES (Parents and Children Exercise Simultaneously) Day—powerful reminders that movement unites us, strengthens us, and shapes the future of our nation.

Today, May 6, 2026, at 10:00 a.m. local time, millions of students, educators, and families around the world will move together for the 38th annual Project ACES Day. In one shared moment, we send a clear message: physical activity matters, and it is for everyone. Just days later, on Saturday, May 9, 2026, PACES Day brings that energy home—encouraging families to move together, build healthy habits, and create lasting memories rooted in wellness.

This National Physical Fitness and Sports Month, we celebrate the strength, discipline, and competitive spirit that define our nation. Sports and fitness are woven into the fabric of American life—shaping character, sharpening the mind, and building the resilience needed to meet any challenge. Physical fitness is not an extra, it is essential. Like reading and math, it must start young, instilling habits that build confidence, support academic success, and last a lifetime. Even small, consistent movement—like 15 minutes of walking a day—can improve long-term health outcomes and help reduce healthcare costs across our country.

You are at the center of this work. You don't just teach fitness—you inspire it. In every class, you help students discover resilience, push past limits, and believe in what they can achieve. Focus. Discipline. Grit. These are forged through movement—and they reflect the very best of our national spirit.

That spirit continues with the restoration of the Presidential Fitness Test and the revitalization of the President's Council on Sports, Fitness, and Nutrition. As we mark the Council's 70th anniversary, there is a renewed national commitment to expanding access to sports, promoting lifelong wellness, and ensuring every child can compete, grow, and succeed. For generations, the Presidential Fitness Test challenged students to aim higher. Today, it returns as a call to action, centered on progress, perseverance, and building a stronger, healthier future for every child in America.

As you lead Project ACES and PACES Day, keep that momentum going. Through the Presidential Fitness Test, creative challenges, and family engagement, you have the power to turn one day of activity into a lifetime of healthy habits. America's strength starts with its children. When schools, families, and communities come together to support them, we don't just build fitness—we build the future.

Thank you for your leadership, your energy, and your unwavering commitment to our nation's youth.

Sincerely,

Catherine Granito
Executive Director
President's Council on Sports, Fitness & Nutrition