



## PRESIDENT'S COUNCIL ON SPORTS, FITNESS & NUTRITION

April 25, 2024

Dear Physical Educators:

Since its inception in 1989, the world has come together every year for Project ACES (All Children Exercising Simultaneously) Day on the first Wednesday in May at 10:00 a.m. local time. This year, Project ACES Day recognizes its 36<sup>th</sup> anniversary on May 1, 2024. Known as “the world’s largest exercise class,” Project ACES unites millions of children, parents, and teachers from around the world as they celebrate being physically active during National Physical Fitness and Sports Month!

After you celebrate Project ACES Day, don’t forget that youth and their families can also be active together by participating in the 17<sup>th</sup> annual PACES Day on Saturday, May 4<sup>th</sup>. PACES Day, which stands for “Parents and Children Exercise Simultaneously,” is held on the first Saturday following Project ACES Day. This event encourages family fitness, promotes spending quality time together, and amplifies the importance of leading a healthy lifestyle. To learn more about Project ACES Day and PACES Day, visit the programs’ websites at [www.projectaces.com](http://www.projectaces.com) and [www.pacesday.com](http://www.pacesday.com).

As Executive Director of the President’s Council on Sports, Fitness & Nutrition, I applaud your commitment to come together to promote the importance of being physically active and I thank you for your continued devotion to the health and wellness of our nation’s youth. Each of you, as a physical educator, has an opportunity to instill in your students a love of physical activity and healthy habits that will remain with them as they grow into adults.

Being more physically active can also lead to better mental health, which can include a reduced risk of anxiety and depression, better cognitive function and brain health, and improved sleep. So, after you participate in Project ACES Day and PACES Day, please keep the momentum going by finding ways to help your students stay active not only in May but throughout the year!

To learn more about the President’s Council and our programs, initiatives, and resources, I encourage you to visit [health.gov/pcsfn](http://health.gov/pcsfn) and follow us on social media: @FitnessGov.

Sincerely,

Rayhaan Merani  
Executive Director