



PRESIDENT'S COUNCIL ON SPORTS, FITNESS & NUTRITION

April 21, 2023

Dear Physical Educators:

It's time again to participate in Project ACES (All Children Exercise Simultaneously) Day with millions of other children, parents, and teachers from around the world! This event, held annually at 10:00 a.m. local time on the first Wednesday in May, is known as "the world's largest exercise class." This year Project ACES Day celebrates its 35th anniversary on May 3, 2023.

In addition to Project ACES Day, youth and their families can also be active together by participating in the 16th annual PACES Day on Saturday, May 6, 2023. PACES, which stands for "Parents and Children Exercise Simultaneously," is held on the first Saturday following Project ACES Day and is a great way to encourage your students to be active at home with their families.

As Acting Executive Director of the President's Council on Sports, Fitness & Nutrition, I am inspired by the commitment shown by each of you, as physical educators, to promote your students' physical activity and healthy choices. The joy your students get from being active is just one positive result. Increasing physical activity has also been shown to directly contribute to better overall health and well-being and improved mental health. Some of the mental health benefits can include improved brain health and cognitive function, a reduced risk of anxiety and depression, and improved sleep and overall quality of life.

Project ACES Day and PACES Day are great events to kick off National Physical Fitness and Sports Month, observed each May. So, after you participate in these events, please keep the momentum going by finding ways to help your students stay active throughout May and beyond!

For additional information on Project ACES Day and PACES Day, please visit the programs' websites: www.projectaces.com and www.pacesday.com. Enjoy this year's Project ACES and PACES Days and thanks again for your continued dedication to the health of our nation's youth.

Sincerely,

Rachel Fisher
Acting Executive Director