



PRESIDENT'S COUNCIL ON SPORTS, FITNESS & NUTRITION

April 16, 2025

Dear Physical Educators:

This year's Project ACES (All Children Exercise Simultaneously) Day and PACES (Parents and Children Exercise Simultaneously) Day are right around the corner. These events are celebrated each May as part of National Physical Fitness and Sports Month.

On May 7th, millions of children, parents, and teachers from around the world will join together to participate in the 37th anniversary of Project ACES Day. This event is held annually on the first Wednesday in May at 10:00 a.m. local time.

Following Project ACES Day, kids also have the opportunity to be active with their families on Saturday, May 10th, by participating in the 18th annual PACES Day. PACES Day encourages family fitness, spending quality time together, and leading a healthy lifestyle. To learn more about each of these events, visit the programs' websites at www.projectaces.com and www.pacesday.com.

You have been given the great responsibility, as physical educators, to serve as role models for your students. Kids often emulate the behaviors of the adults in their lives. When they see teachers, coaches, and parents or caregivers being physically active, they are more likely to follow their lead and engage in regular activity themselves. And by communicating the importance of events like Project ACES Day and PACES Day, you can inspire them to adopt healthy habits that they will carry with them for the rest of their lives.

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! 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
Senior Advisor
President's Council on Sports, Fitness & Nutrition