



**THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS
AND SPORTS**

March 17, 2009

Dear Physical Educators:

It's time once again to get ready to join millions of other children, parents, and teachers from more than 50 countries for Project ACES (All Children Exercising Simultaneously) Day, which is quickly approaching. This event is held each year on the first Wednesday in May at 10:00 a.m. local time. Known as "the world's largest exercise class" this year Project ACES Day will celebrate its 21st anniversary on May 6, 2009.

It is my pleasure, on behalf of the President's Council on Physical Fitness and Sports (PCPFS), to recognize the important role Project ACES plays in the celebration of National Physical Fitness and Sports Month each May. I commend the commitment of each participant around the globe to promote the importance of being physically active and making healthy choices in improving health and well-being.

In addition to Project ACES, now kids and their families can also be active together by participating in the 2nd annual PACES Day being held on Saturday, May 9, 2009. PACES, which stands for "Parents and Children Exercise Simultaneously," is held on the Saturday following Project ACES Day, and is a great way to encourage family fitness.

I urge you, as a physical educator, and your students to participate in both of these beneficial events. Our youth learn by example, and by seeing their parents, teachers and friends being physically active they will discover at an early age that fitness can be fun – an important lesson they will carry with them throughout their lives.

For additional information on Project ACES Day and PACES Day, please visit the programs' websites: www.projectaces.com and www.pacesday.com.

Sincerely,

A handwritten signature in blue ink that reads "Penelope Slade-Sawyer". The signature is written in a cursive, flowing style.

Penelope Slade-Sawyer, PT, MSW
RADM USPHS
Acting Executive Director

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