



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

April 23, 2010

Dear Physical Educators:

On May 5th, as part of the celebration of National Physical Fitness and Sports Month, millions of children, parents, and teachers from more than 50 countries will join together to participate in Project ACES (All Children Exercising Simultaneously) Day. This event, known as "the world's largest exercise class," is held each year on the first Wednesday in May at 10:00 a.m. local time.

As executive director of the President's Council on Physical Fitness and Sports (PCPFS), I am heartened by the commitment shown by the participants from around the world who come together to promote the importance of being physically active and making healthy choices in improving health and well-being. The President's Council is proud to be working closely with First Lady Michelle Obama on her *Lets Move!* campaign to solve the epidemic of childhood obesity within a generation. Project ACES Day is a great example of how we can get youth moving to help fight this growing health risk.

After participating in Project ACES, kids can now encourage their families to be active with them by participating in the 3rd annual PACES Day on Saturday, May 8, 2010. PACES ("Parents and Children Exercise Simultaneously") is an annual event held on the Saturday following Project ACES Day, and is a great way to encourage family fitness.

As a physical educator, you have the opportunity to serve as a role model for your students by emphasizing the importance of participating in these beneficial events. When our youth see the adults around them being physically active they are more likely to develop these healthy habits themselves. By learning at an early age that being physically active can be fun kids will carry these stepping stones to fitness with them as they grow into happier, healthier adults.

To learn more about Project ACES Day and PACES Day, I urge you to visit the programs' websites: www.projectaces.com and www.pacesday.com.

Sincerely,

A handwritten signature in blue ink that reads "Shellie Pfohl".

Shellie Pfohl, M.S.
Executive Director

HUBERT H. HUMPHREY BUILDING

ROOM 738H • 200 INDEPENDENCE AVENUE, SW • WASHINGTON, D.C. 20201

PHONE: 202-690-9000 FAX: 202-690-5211