



PRESIDENT'S COUNCIL ON FITNESS, SPORTS AND NUTRITION

April 20, 2011

Dear Physical Educators:

On May 4th, 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 annually on the first Wednesday in May at 10:00 a.m. local time.

After participating in Project ACES, kids can also encourage their families to be active with them by participating in the 4th annual PACES ("Parents and Children Exercise Simultaneously") Day on Saturday, May 7, 2011. PACES Day is held on the Saturday following Project ACES Day, and is a great way to encourage family fitness. Families that exercise together spend quality time together while leading healthy lifestyles. 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.

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 teaching kids the importance of a healthy and active life, we instill in them healthy habits that will lead them into adulthood.

As executive director of the President's Council on Fitness, Sports and Nutrition (PCFSN), 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 to make 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 *Let's Move!* campaign to solve the epidemic of childhood obesity within a generation. Project ACES Day and PACES Day are great examples of how we can get youth moving to help fight this growing health risk.

The President's Council, in conjunction with *Let's Move!*, launched our Million PALA Challenge last September. The goal of this year-long initiative is to motivate at least a million Americans to achieve their Presidential Active Lifestyle Award (PALA) by the end of September 2011. Project ACES Day and PACES Day can both be great starting points for participating in the Million PALA Challenge. I encourage you to learn more about the program at www.millionpalachallenge.org and have your students and their families sign up and earn their PALA!

Sincerely,

Shellie Pfohl, M.S.
Executive Director