



## ACES Day Sample Speeches

### ➤ **Tips for using speakers**

- Give the speakers an allotted amount of time.
- 2 minutes is standard for this type of event

### ➤ **Sample speech for School ACES coordinator**

Today is ACES Day – All Children Exercise Simultaneously. That means we're going to be exercising at the same time as about 300,000 other kids in Michigan, and millions of kids in the world. The reason we are doing ACES today is because physical activity is fun, and it is an important part of staying healthy for life!

We want to thank the Michigan Fitness Foundation and Farm Bureau Insurance for organizing ACES Day in Michigan. They have given us ideas and materials to help us with our activity today. Remember, stay active all year long and make it fun!

### ➤ **Sample speech for guest speaker and/or Farm Bureau Agent**

Good Morning everyone! I'm so glad to be here today to celebrate ACES Day with you! I think you're really going to enjoy the activity we are about to do.

Activities like the one we are about to do can help keep us healthy for the rest of our lives. All we have to do is find some way to be active every day. We can stay active by riding bikes, going for a walk with our friends and family, or playing sports. We're getting close to summer, and there are so many ways we can be active outside this time of year!

Thank you for inviting me to be a part of this fun and healthy event!