



Fact Sheet: ACES All Children Exercise Simultaneously

Event History

- ACES stands for All Children Exercise Simultaneously
- ACES is an international event that was founded by New Jersey physical education teacher Len Saunders in 1989
- In 1989, ACES stood for "American Children Exercising Simultaneously", because Len never imagined schools outside the United States would participate
- ACES is observed annually on the first Wednesday in May (or any day the school is able to observe ACES). This year we are celebrating ACES on May 1, 2019.
- The Michigan Fitness Foundation has partnered with sponsor Farm Bureau Insurance in promoting ACES for 20 years. Together the organizations have taken the lead in encouraging Michigan schools to participate in ACES

Event Details

- Participating schools plan a physical activity event on ACES day.
- More than 300,000 students in 1,130 schools participated in ACES 2018 in Michigan, reaching every county in the state (83).
- **Participating schools are encouraged to register with the Michigan Fitness Foundation at www.michiganfitness.org/aces.** Support from Farm Bureau Insurance provides the downloadable ACES Idea Kit and an informational packet for all registered schools. Included items are:
 - Educational newsletters and stickers for each participating student
 - A Certificate of Participation for each school or program signed by the Governor
 - Suggestions for ACES activities
 - Tools to promote individual ACES events (press releases, article suggestions for newsletters, ACES fact sheet, etc)
 - Nutritional components to ACES physical activities
 - Suggestions for incorporating physical activity and ACES into the daily lives of students