

ACES Day Sample Speeches

Tips for Using Speakers

If you plan to invite any of your guests to say a few words, you should be very firm about the amount of time allotted to them. Two minutes is standard for this type of event and if you don't give some parameters regarding their comments, they are likely to take the time you hoped to spend in physical activity. Below is a sample speech you could provide, that should take about two minutes.

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 around 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!

The Michigan Fitness Foundation and Farm Bureau Insurance organize 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:

Good morning! I'm so glad to be a part of ACES Day. I know that we will have great fun today, and really enjoy the activity we are about to do. Hopefully, today we will all learn that physical activity is fun, and it is very important for health. Activities like the one we will do today can help us be healthy for the rest of our lives. All we have to do is get some exercise every day. We can do that by riding bikes, going for a walk with our families and friends, 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 today, to be part of this healthy, fun event!