

*(Put on your school letterhead)*

Date

Name

Address

City, State, Zip

Dear Name:

On *(month, date, year)* at *(time)* *(school name)* is participating in ACES and Bike to School Day. ACES stands for All Children Exercising Simultaneously, a global initiative promoting active lifestyles. Your attendance and participation will demonstrate to our students that local leaders in our community think physical activity is important.

ACES is a worldwide celebration involving millions of children and more than 300,000 students across the state of Michigan, who will all be physically active on May 10. A related story by MSNBC News Service illustrates the severity of the problem.

*Heart disease and stroke kill about 40% of the population overall and heart disease is the number one killer in most industrialized countries. But the same factors that can produce heart disease—obesity, poor diet and a lack of exercise—also can lead to diabetes, so people with diabetes carry an extra risk.*

*“Just walking 30 minutes a day, reducing your weight by 10 to 15 pounds, can reduce the incidence of diabetes by 58 percent,” said Health and Human Services Secretary Tommy Thompson.*

We want to motivate our children to be active every day. There are a number of ways in which you can show your support and participate in this event. The possibilities include:

- Joining the children in our planned activities
- Leading a group of children in a specific activity
- Congratulating the children with high fives as they return to the school building
- Placing ACES Day stickers on children

We look forward to including you in our celebration and hope you can attend. Please call me at *(phone number)* and let me know if you're joining us. Thank you.

Sincerely,

Your Name

Your position with the school