

Dear *(Legislator's name)*,

For the 19th consecutive year, the Michigan Fitness Foundation is pleased to organize and facilitate the ACES (All Children Exercise Simultaneously) and Bike to School Day program. It's a one-day youth exercise program intended to highlight the importance of and need for physical activity. The event is celebrated worldwide and in Michigan on Wednesday, May 10 at 10 a.m. We are grateful to our statewide sponsors Farm Bureau Insurance and the Michigan Department of Transportation for their continued support in providing free materials to schools.

In order to encourage Michigan children to get active, we invited all Michigan elementary and middle schools, including charter and private schools, to participate in this event. By doing so, Michigan schools have joined together in large numbers to demonstrate their commitment to active lifestyles. We are happy to report over 1,000 schools, in all 83 Michigan counties, will be exercising simultaneously at their own schools on May 10.

We encourage you to show your support for promoting the lifelong benefits of physical activity by sending a congratulatory letter to participating schools in your area or attending their event. Resources for writing this letter are available at **michiganfitness.org/aces** *(link)* and include:

- A **congratulatory letter template** *(link)*
- A **list of the schools participating** *(link)* in ACES and Bike to School Day

Thank you for your support of the benefits of physical activity. Working together, we can *Get Michigan Moving*.